

WAKING UP FROM THE MATRIX

by TheVeganSkeptic

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Strong Evidence Behind Reincarnation

I would like to mention early on that I firmly believe that no one can claim anything with certainty when discussing the afterlife. If anyone claims to know for sure what happens after death, they are either delusional or fraudulent. We can form our opinions on these matters by exploring the various available data points and having our own experiences. This is all that one can do, and that is precisely what I have done based on my thousands of hours of research and my own experiences, spiritual or otherwise. I am also open to changing my views on any topic if more compelling information or evidence arises. I have altered my perspective on numerous occasions in the past, and I am always willing to do so again.

Another important point that needs to be made is that, even though the information I will be presenting in this e-book may seem unbelievable, I do not advocate prematurely departing from this reality. In fact, I argue the opposite. It is important to contemplate these issues and engage in necessary practices for as long as possible in order to come as close as possible to guaranteeing a path to stopping the cycle of reincarnation. I argue that the kind of tricks, deceptions, and distractions in this realm is so pervasive and it's in great amounts that it is smart to use one's remaining time to learn how to protect oneself against these system tricks, deceptions, and distractions.

Nobody knows exactly what it would take to stop the loop of reincarnation, but leaving early via suicide could potentially take away much-needed time for the preparations necessary to awaken from all layers of the matrix. Although the experience in this realm can be difficult for many people, I will provide coping strategies I've discovered and many other important things later in the e-book. With that said, I will begin this chapter with important definitions, followed by a brief introduction to myself.

The terms agnosticism and gnosticism are used in philosophy to describe one's level of knowledge or certainty about the existence of a god or gods. Agnosticism refers to the belief that it is impossible to know whether a god or gods exist, while gnosticism is the belief that it is possible to know for certain whether a god or gods exist.

On the other hand, theism and atheism refer to beliefs about the existence of a god or gods. Theism refers to the belief that one or more gods exist, while atheism is the belief that there is no god or gods.

The question of whether one believes in God or not is a matter of personal belief, while the question of whether one knows whether God exists or not is about knowledge. These two questions are distinct and cannot be used interchangeably. If someone identifies as an atheist, it is unclear whether they are a gnostic atheist, who asserts that they have knowledge that God does not exist, or an agnostic atheist, who do not believe in the existence of a god or gods but also acknowledge that they do not know for certain whether or not a god exists.

Similarly, if someone identifies as agnostic, it is unclear whether they are an agnostic theist, who believes that the existence of God is unknowable but chooses to believe, or an agnostic atheist, who believes that the existence of God is unknowable and chooses not to believe. Conversely, there are individuals who identify as gnostic theists, confidently believing that they possess knowledge that a god or gods exist. There are different sects of Gnostics, such as

Proto-Gnosticism, Judean-Israelite Gnosticism, Syrian-Egyptic Gnosticism, Persian Gnosticism, and last but not least, Christian Gnosticism, which I will talk more about later on.

In 2006, I became an agnostic atheist regarding the intelligent creator of our world. At the time, I had a website about evolution and frequently debated the topic of evolution and atheism with many religious individuals. Through these debates, I was able to successfully convince many people, including two of my best friends and family members, to change their minds on these issues.

However, in 2020, I experienced an unexpected paradigm shift that made me realize everything I had believed about life and our existence was false. This realization caused me to reconsider my stance on the existence of an intelligent creator. I had a series of incredible experiences that opened my eyes to a new perspective on spirituality and the universe.

I had the opportunity to share [my complete journey](#) of awakening with Mark from the Forever Conscious Research Channel on YouTube. During our conversation, we delved deep into my personal experiences and beliefs. The video was viewed by almost 10,000 people, and the positive attention it generated has been truly gratifying.

My love for learning new things and sharing my knowledge with others has always been a driving force for me. As someone from Turkey who is currently 30 years old, I have spent the past 17 years passionately researching and expanding my understanding of various topics. My interest in these topics grew significantly after I learned about atheism and decided to stop being a Muslim.

Discovering that some people did not believe in God came as a shock to me. I was indirectly introduced to this concept by a school friend who shared a Turkish-subtitled version of comedian George Carlin's stand-up comedy bit about religion on his Facebook account. The bit was taken from Carlin's HBO live broadcast stand-up special named 'You Are All Diseased,' recorded on February 6, 1999, at the Beacon Theatre in New York City.

After watching the video, I was compelled to talk to my father and share my discovery that some people did not believe in God. This experience ignited my passion for research, and I began watching every video I could find about atheism and evolution. My new discoveries shortly led me to become an agnostic atheist, which only fueled my love for research further. Since then, I have hardly gone a few days without reading or watching something to expand my knowledge and learn new things.

Engaging in respectful debates with others and sharing my knowledge through writing has been a passion of mine for the past 17 years. I've been specifically writing online articles concerning afterlife for the last three years and during my conversation with Mark, I also presented some of my online articles to him and his audience. I would also share some of my writings on Reddit and when someone on Reddit asked me to turn one of my writings into a word document so that he could read it on his Kindle and knowing that my brother also asked me for the same thing before, this gave me the idea to compile all of my writings into a book format where I could further expand on my ideas and present them in a more cohesive manner.

Later, in September 2022, I shared the first version of this e-book on Reddit unconditionally as a public service announcement, offering the knowledge I had gained to as many people as possible. Eventually, someone also suggested that if I publish the book on Amazon Kindle Direct Self-Publishing, my book would reach a wider audience. I plan to do this in the future so

that more people can benefit from the information in this e-book. When I publish the revamped version of this e-book in the future, I also wouldn't mind at all if someone were to ask from me to send them the e-book for free to them. Hopefully it's obvious to others that I am not trying to make money from any of this and that I am just trying to share what I was lucky enough to learn with others.

Despite these shortcomings, I believed that it was important to release this e-book with others and share the issues I was exposing with as many people as possible because I think that the issues I've discussed in this e-book is not being talked enough.

After years of extensive research and exploration of various topics, I have gained a profound understanding of our current situation and what is potentially required to eventually reclaim our sovereignty from all layers of this world, which can be best described as a matrix. I have delved into numerous rabbit holes and have greatly benefited from the knowledge I've gained, and now I am eager to share that knowledge with others.

My intention with this e-book is to save people from wasting their time going down endless rabbit holes and from falling for the deceptions that I myself have previously fallen for. I strive to provide groundbreaking, thought-provoking, and paradigm-shifting information. Ultimately, I want to challenge readers' beliefs about their existence and make them aware of the deceptions and distractions that extend beyond this earth. I am confident that every reader of this e-book will gain valuable insights and knowledge from its pages.

My aim was to create this e-book is that, upon completion, would leave readers with an improved mindset about their existence, making it impossible for them to return to their old beliefs. To achieve this goal, I have presented all the evidence I could find to make the case I am presenting as strong as possible.

However, let me be clear that I am not trying to persuade anyone to accept everything presented in this e-book. Rather, I will be analyzing the available evidence and sharing my own conclusions based on it, leaving it up to you to come to your own conclusions. I believe everyone should always do their own research and never fully trust anything or anyone. I understand that some of the material I will present may seem unconventional. I urge you to scrutinize the evidence that I present, utilize your critical thinking abilities and intelligence, and refrain from being overly close-minded or reaching unwarranted conclusions.

My passion for research only intensified after realizing that my beliefs regarding the afterlife were incorrect. This revelation led me to question what other misconceptions I may have, prompting me to engage in even more extensive research for the past three years. As a result of thousands of tireless hours investigating all the different data points related to our existence and the afterlife, I have come to important conclusions that I believe are worth considering by everyone.

I have personally come to the realization that reincarnation is an undeniable aspect of our existence. The mere fact that we exist in this moment implies that we have been here at least once before, but the question remains: is this a one-time occurrence or do we continue to come back? This is the heart of the concept of reincarnation.

As a former agnostic atheist of nearly 15 years regarding the existence of a creator of our universe, I was one of those individuals who vehemently denied the concept of reincarnation without truly exploring the purported evidence with an open mind. When we encounter ideas

that challenge our understanding of the world, our instinct is to reject them outright. In my case, whenever I encountered spiritual issues in the past, I would only seek out information that refuted them, adding the term 'debunked' to my searches, and dismissing any information that didn't align with my preconceived notions. Unfortunately, this type of close-minded perspective is prevalent among so-called skeptics today, just as it was for me in the past.

When someone becomes an agnostic atheist, it is often after a long period of questioning and exploring their beliefs about the existence of a higher power. They may have had negative experiences with organized religion or simply found that the evidence for the existence of a deity was lacking. After coming to this realization, they may feel a sense of freedom and relief, as if they have broken free from the constraints of dogma and superstition.

However, this newfound sense of freedom can sometimes lead to a certain degree of close-mindedness when it comes to spiritual topics. The individual may believe that freeing themselves from their past religious beliefs is enough to free themselves from all other deceptions. They may feel that they have already explored the possibility of the existence of a deity and have found it lacking, and therefore feel no need to explore other spiritual concepts.

This type of close-mindedness can be dangerous, as it can lead to a lack of exploration and understanding of different belief systems and spiritual practices. It can prevent individuals from seeing the value in different perspectives and can hinder their personal growth and development. It is important to remain open-minded and curious, even when it comes to spiritual topics, in order to fully explore and understand the world around us.

I am aware that this statement may anger some agnostic atheists out there, as it would have angered my past self when I was an agnostic atheist. However, for many agnostic atheists, science can become a type of religion. This is because they view science as the only means of comprehending the world and the universe around us. They may have complete faith in scientific theories and explanations, thinking that these can clarify everything that exists, including the spiritual aspects of life.

This perspective is often referred to as scientism, which is basically the belief that science is the only reliable source of knowledge and truth. While science has certainly brought us a tremendous amount of knowledge and advancements, it cannot fully explain the spiritual aspects of things. In fact, I would even argue that science was deliberately designed to never be able to properly address the spiritual aspects of things, but this is a discussion that will be covered in later chapters of this e-book if I can find the time for it.

Of course, spiritual experiences and beliefs are often subjective and personal, and therefore difficult to measure or quantify using scientific methods. This is not to say that science and spirituality are mutually exclusive, but rather that they address different aspects of our existence.

For agnostic atheists who put all of their faith in science, the limitations of scientific explanations may be frustrating. They may feel like there is something missing or incomplete in their understanding of the world, but not know how to fill that gap.

In some cases, this can lead to a rejection of spirituality altogether, as they may see it as irrational or unprovable. This can create a closed-mindedness when it comes to spiritual topics, as they may not be open to considering other perspectives or experiences that don't align with their scientific beliefs.

It's important to remember that spirituality and science can coexist and complement each other, and that it's possible to have an open-minded approach to both. However, it's important to recognize the limitations of each and not put all of our faith in any one source of knowledge or understanding.

I firmly believe that by exploring the concepts outlined in this e-book, readers will gain a deeper understanding of reincarnation and how to ensure that this is their final incarnation if that's what they wish to do. I'll also make the claim that if each person had access to all of their memories of their past incarnations and what potentially came before, nobody would ever choose to reincarnate on this world and potentially in any other world again.

Therefore, the central theme of this e-book is reincarnation. For those readers who may harbor skepticism towards this concept, I urge you to carefully examine the compelling evidence presented in this chapter before proceeding further. By doing so, you will gain a deeper understanding of the significance of reincarnation and how it shapes our lives.

Despite my acceptance of the existence of an intelligent design behind our world and the so-called vast expanse of space beyond it which I am skeptical about, I still remain an agnostic atheist for 17 years now when it comes to the concept of a source God that exists beyond everything and created everything. This means that while I consider myself an agnostic theist when it comes to the existence of a creator for the universe that we currently reside in, I remain an agnostic atheist when it comes to the creator of potential realms and everything else beyond the universe. Later in the e-book, I will delve into the topic of source God and explain in detail why I consider it a dangerous belief.

For now, let us set aside the discussion of gods and focus on reincarnation. Interestingly, this belief system is bolstered by a wealth of compelling evidence.

Many individuals who subscribe to the principles of rational materialism and mainstream science often reject the idea of reincarnation, but those who keep an open mind and recognize the limitations of logic and reason understand that some phenomena in the universe cannot be explained by them. It is fascinating to observe how the "scientific minds" become puzzled when presented with information that surpasses rational explanation.

Reincarnation has been a part of various belief systems for centuries, and it is still acknowledged as genuine in Tibetan Buddhism and Hinduism. Even the Catholic Church believed in reincarnation before the fourth century AD when their doctrines were standardized at the Council of Nicaea in 325 AD. In this chapter, we will explore the compelling evidence that supports the idea of reincarnation.

Science provides us with a limited understanding of reality, as its perspective on life and its mysteries is often narrow. Those who claim that reincarnation cannot be studied scientifically are overlooking the considerable evidence that supports its existence. In fact, the evidence is so overwhelming that it is difficult to deny at this point. I understand how assertive this may sound, but I urge you to examine the strong evidence that I have presented below.

The renowned psychiatrist [Ian Stevenson](#) spent over 40 years studying reincarnation at the University of Virginia and authored numerous peer-reviewed studies on the subject. He carefully examined 3000 cases of very young children who remembered their past lives. After Stevenson's retirement, two of his students continued his work. Carol Bowman, one of his

students, authored the book "[Children's Past Lives](#)" and has contributed significantly to programs focused on reincarnation. She also works with Jim B. Tucker, M.D. who is the Bonner-Lowry Associate Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia. Dr. Jim Tucker, who has written several books on case studies carried out by the Department of Perceptual Studies at the University of Virginia.

In a [YouTube interview](#) with John Cleese, Dr. Tucker explained that they have examined 1500 cases of reincarnation using scientific protocols to measure the results. He also discussed some of the most compelling findings from their research.

After examining all of the scientific evidence presented by Ian Stevenson, it becomes clear that he provided compelling proof of reincarnation through the spontaneous recall of information about previous lives by thousands of children. Once carefully examined, there can be no other explanation for these cases than reincarnation. Stevenson found that in hundreds of cases, the children's recalled lives were those of real people and the details they remembered were highly accurate. In addition, he determined that it was impossible for these children to have known about the people they claimed to be reincarnations of, as the beliefs of reincarnation actually violated the families' belief systems in most cases. Furthermore, the vast majority of these families had no financial gain from the cases. Please examine all of the evidence presented below to see the strength of the evidence supporting reincarnation:

Extraordinary research Dr. Ian Stevenson

<https://newspunch.com/scientific-breakthrough-reincarnation/>

Dr. Tucker, is continuing the research of Dr. Ian Stevenson at the UVA Division of Perceptual Studies, focusing on children who report memories of past lives. In 2005, he published an overview of his research titled "[Life Before Life: A Scientific Investigation of Children's Memories of Previous Lives](#)," which has been translated into ten languages. His latest book, "[Return to Life: Extraordinary Cases of Children Who Remember Past Lives](#)," is a collection of recent American cases he has studied.

Below, I have compiled Dr. Tucker's best work regarding this fascinating and thought-provoking topic.

- [1] [Evidence of Reincarnation in Childhood by Dr. Jim Tucker \(Full Presentation\)](#)
- [2] [University of Virginia - Division of Perceptual Studies: Fifty Years of Research](#)
- [3] [PubMed National Library of Medicine: Evidence that Suggest the Reality of Reincarnation](#)
- [4] [UVA Clubs: The Science Behind Reincarnation with Dr. Jim B. Tucker \(MED '89, '91\)](#)
- [5] [CHILDREN'S MEMORIES OF PREVIOUS LIVES - Jim B. Tucker M.D.](#)
- [6] [Reincarnation research by Ian Stevenson Children's past life memories](#)
- [7] [Children's Past Lives \(Reincarnation Documentary\) | Real Stories](#)
- [8] [Dr. Jim Tucker - Life Before Life](#)
- [9] [Dr. Jim Tucker: Children Who Remember Previous Lives](#)
- [10] [Ian Stevenson and Cases of the Reincarnation Type by Jim B. Tucker](#)
- [11] [Book: 'Return to Life: Extraordinary Cases of Children Who Remember Past Lives' by Jim B. Tucker M.D.](#)
- [12] [Book: 'Where Reincarnation and Biology Intersect' by Stevenson, Ian, M.D](#) (a multi-volume work in the field of medical research)

The Evidence for Reincarnation - Cambridge University

"There are significant numbers of well-documented cases of the following general kind. At the age of 3 or 4 a child starts to make claims about his past which clearly do not correspond to anything that has happened in his present life. He claims to remember living in a certain place, doing certain things, being with certain people, and so on. It is then found that these memory claims fit the life of a person who died shortly before the child was born. The accuracy of the memory claims is striking and there seems to be no possible normal explanation of this. The child also has certain character traits, interests and skills which correspond closely to those of the one who died; and, perhaps, a physical characteristic, such as a birthmark or wound, which closely resembles a characteristic of the earlier individual." - Prof David Cockburn
<https://www.cambridge.org/core/journals/religious-studies/article/abs/evidence-for-reincarnation/2A537B24084CC9444E7C31D3AE38331D>

Read full-text:

https://www.researchgate.net/publication/232024642_The_Evidence_for_Reincarnation

Evaluating the Evidence for Reincarnation by Steve Taylor PH.D.

"All in all, this evidence makes me feel that I have no choice but to accept that reincarnation is real. As a scientist, I feel obliged to revise my views in the face of evidence. As I point out in my book Spiritual Science, it appears that the idea of life after death is more than a naive superstition. In Shakespeare's famous play, Hamlet describes death as "the Undiscover'd country from whose bourn no traveller returns." But perhaps it is possible to return from death, and to even remember the previous journey we took there." - Steve Taylor Ph.D.
<https://www.psychologytoday.com/ca/blog/out-the-darkness/202112/evaluating-the-evidence-reincarnation>

Below, I have compiled some of the most compelling reincarnation cases that I have found online:

A young American boy named James Leininger has memories of his past life as an American fighter pilot who fought the Japanese during World War II. He remembers information that only his past life sisters and his past life incarnation would know. Upon meeting with old pilots, he is able to name them all, and they confirm his story.

The statistics behind his ability to recall such information are off the scale, making it clear that to attribute it to a child's imagination, watching old documentary war films, or playing war games on gaming machines is absolutely ludicrous and far removed from reality. To make such claims exposes oneself as a pseudo-skeptic with a belief system in debunking that is on par with cult-like thinking.

[1] [Reincarnation Proof: The James Leininger Case](#)

[2] [The boy proved that he was a pilot 80 years ago. Nobody believed him, but the story was confirmed](#)

- [3] [The Case of James Leininger: An American Case of The Reincarnation Type](#)
 - [4] [Book: 'Soul Survivor: The Reincarnation of a World War II Fighter Pilot' by Bruce Leininger](#)
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Strong Evidence Behind the Reincarnation of Arthur Flowerdew

- [1] [The Bizarre Reincarnation of Arthur Flowerdew](#)
 - [2] [Reincarnation: The strange case of James Arthur Flowerdew](#)
-

The Reincarnation of Shanti Devi: The Girl Who Identified Her Previous Life Family

<https://infinityexplorers.com/the-reincarnation-of-shanti-devi-the-girl-who-identified-her-previous-life-family>

The Reincarnation of Pamela Robinson

- [1] [Five-year-old son remembers his past life as a Chicago woman who died in a house fire](#)
 - [2] [Boy, 5, Claims He Lived Past Life As Woman Who Died In Chicago Fire](#)
 - [3] [Boy, five, claims to have the memories of a woman who died 13 years before he was born](#)
 - [4] [Close this content Yahoo Parenting Boy, 5: God Told Me I Lived a Past Life as a Black Woman](#)
 - [5] [15 Killed as Flames Sweep Residence Hotel in Chicago](#)
-

Reincarnation of Lou Gehrig

- [1] [Mother is so convinced that her eight-year-old son is the reincarnation of Lou Gehrig that she's written a book about it](#)
 - [2] [You'll Never Believe Why This 8-Year-Old Boy Is Getting a Movie Made About Him](#)
 - [3] [California woman believes her toddler son is Yankees legend Lou Gehrig reincarnated](#)
 - [4] [Meet the kid who believes he's the reincarnated spirit of Lou Gehrig](#)
-

Expert Investigates 10-Year-Old's 'Reincarnation' Claims

<https://www.nbcnews.com/nightly-news/boy-says-he-remembers-past-life-hollywood-agent-n327506>

3-year-old recalls past life murder, identifies killer and locates his body

<https://www.deccanchronicle.com/140521/lifestyle-offbeat/article/3-yr-old-recalls-past-life-murder-identifies-killer-and-locates-his/>

Five-year-old son remembers his past life as a Chicago woman who died in a house fire

<https://www.dailymail.co.uk/news/article-2943568/Five-year-old-boy-convinced-reincarnated-black-woman-Chicago-called-Pam-died-fire-1993.html>

Cameron Macauley: The Boy Who Lived Before - Documentary

<https://zenmoments.org/the-boy-who-lived-before-the-past-life-memories-of-cameron-macauley/>

Other compelling sources:

[Book: 'Twenty Cases Suggestive of Reincarnation' by Dr. Ian Stevenson](#)

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[Scientific Evidence for Reincarnation by Dr. Ian Stevenson](#)

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[The Evidence for Human Reincarnation is Here and It Changes Everything by Will Franks](#)

—
[Book: 'Reincarnation as a Scientific Concept: Scholarly Evidence for Past Lives' by Dr. K. S. Rawat and Titus Rivas](#)

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[Chilling Reincarnation Stories: Meet 6 People Who Lived Before by Lauren Cahn from Reader's Digest](#)

—
[The Hard Science of Reincarnation by Vice](#)

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[Is There Evidence of Reincarnation? by Stephen Wagner](#)

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[Reincarnation is Real; We Always Come Back by Alex Sarkodie MD](#)

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[Scientific Evidence of Reincarnation by Pema Kilaya](#)

—
[Do We Finally Have Scientific Proof of Reincarnation?](#)

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[Reincarnation: The Scientific Evidence is Building](#)

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[Children Who Claim to Remember Previous Lives: Past, Present, and Future Research by Jim B. Tucker](#)

—
[The Mind-Blowing Evidence for Reincarnation and Past Lives!](#)

—
[Do You Only Live Once? The Evidence for Rebirth](#)

—
[REVEALED: The scientific PROOF that shows reincarnation is REAL](#)

—
<https://www.oberf.org/prebirth.htm>

—
<https://www.nderf.org/Archives/exceptional.html>

The concept of reincarnation, which is the idea that after we die, our souls are reborn into new physical bodies, has been around for thousands of years and is a central tenet of many religions

and spiritual traditions. While some may dismiss reincarnation as mere superstition or myth, the evidence presented in this chapter suggests that it is a very real phenomenon.

From the compelling cases of past life memories, to the research conducted by experts such as Dr. Jim Tucker at the UVA Division of Perceptual Studies, it is clear that there is more to our existence than what can be explained by science alone. The concept of reincarnation offers a unique perspective on life and death and provides an opportunity for us to explore the possibility of a deeper spiritual connection with the universe.

When it comes to the strongest evidence of reincarnation, researchers such as Dr. Ian Stevenson (who compiled 3000 cases), Dr. Jim Tucker (who compiled 1500 cases), and Carol Bowman (who compiled 1000 cases) have collected impressive evidence, if not outright proof, of reincarnation by documenting the accurate past life recall of thousands of children.

These people carefully documented thousands of cases of children who claimed to remember previous lives, often providing specific details about their past lives that they could not have possibly known through normal means. The accounts are truly incredible, with many of them sharing similar themes such as children being able to speak other languages fluently (languages they never learned in this life) and describing how they died in graphic detail (such as being injured or shot in a specific part of the body, and then having an ailment in that exact part of their body in this life).

The details provided by thousands of these very young kids also included names of family members, specific locations and events, and even obscure details about people's daily lives. In some cases, their stories can be proven in black-and-white, with some children even recalling military colleagues they served with, whose names match those on veterans' lists.

I also consider the occurrence of birthmarks in children that correspond to the locations of fatal wounds in their past lives to be a fascinating piece of evidence that supports the idea of reincarnation. This particular phenomenon is extensively discussed in the book 'Where Reincarnation and Biology Intersect' authored by Dr. Ian Stevenson, for those interested in further exploring this topic.

Researchers at the University of Virginia's Division of Perceptual Studies have conducted numerous studies on children who claim to remember past lives, and have found that these children often display personality traits and other characteristics that are consistent with the person they claim to have been in their past life.

In most of the cases of reincarnation, the child claims to be someone who is not related to their current family in any way, and genetic memory cannot explain these cases. Genetic memory refers to the idea that we may inherit memories or traits from our ancestors on a genetic level via DNA, which could help explain why some people seem to have an uncanny ability to do things that they have never been trained to do, such as speak a foreign language or play a musical instrument. However, this theory alone cannot account for the specific details of many reincarnation cases.

For example, in some cases, a child may remember the name of their past life, their occupation, and details about their family that are not shared by their current family. These memories may be so specific and detailed that it is difficult to explain them simply as genetic memory. Additionally, some of these cases involve memories of events that occurred after the death of the person the child claims to be, which also cannot be explained by genetic memory.

Furthermore, there are cases where the child has physical characteristics or birthmarks that match with their deadly wounds. This cannot be explained by genetic memory especially in the cases where the child doesn't share ancestral lineage with the person they claim to be.

In summary, while genetic memory may play a role in some cases of reincarnation, it cannot fully explain the specific and detailed memories, physical characteristics, and other evidence that suggest a person is the reincarnation of another individual who is not related to their current family.

There are also numerous accounts of people who have experienced past-life regressions. During these sessions, individuals are hypnotized and guided through memories of their past lives. The memories that surface are often incredibly vivid and specific, and many people report feeling a strong emotional connection to the people and events they remember.

However, it is important to note that trusting these memories can also come with dangerous outcomes similar to the source of belief in God. I will also delve into this topic in detail later on.

Overall, the evidence for reincarnation is simply too strong to be easily dismissed. While there will always be many skeptics who refuse to even examine the concept like my older self, the weight of the evidence strongly suggests that reincarnation is a real and meaningful phenomenon that deserves further study and exploration.

What About the People Who Claim to Be Celebrities in Their Past Lives?

At any given time, there are hundreds of people claiming to be Marilyn Monroe, Cleopatra, Napoleon, and so on, with a good percentage of people believing they were reincarnated as royalty in their past lives. How many of these people are right, and how many are wrong?

As I will explain later on in more detail, it's important to understand that just because a person remembers being in what appears to be an Egyptian throne room, it does not necessarily mean that their memory is correct or that they were actually Cleopatra. It's possible that they were simply a slave girl standing next to Cleopatra. However, I am also skeptical of historical narratives about this earth's history and will address why later in the book.

I believe that adults who claim to have been celebrities in past lives are muddying the waters of good scientific research on reincarnation. Instead, we should focus on the thousands of examples of 2-6-year-old children who provide incredible details of their past lives and prove them by identifying locations and objects they couldn't possibly know about. These scientifically-backed and heavily-researched cases are the ones worth investigating, unlike the claims of mostly adults who did not report such experiences when they were children.

Near Death Experiences also indicate that reincarnation is a real phenomenon.

"NDEs are reported by an estimated 200,000 Americans a year, and studies around the world suggest NDEs are a common human experience. They have been recorded in the folklore of many cultures, and reported by people from diverse backgrounds and in widely varying circumstances."

https://www.theepochtimes.com/how-common-are-near-death-experiences-ndes-by-the-numbers_757401.html

The fact that approximately 200,000 Americans alone experience NDEs every year suggests that this is an important phenomenon that is experienced by a significant number of people. And this is not limited to America; millions of people all over the world have likely experienced NDEs throughout human history.

The sheer number of people who have reported experiencing an NDE lends credibility to the idea that this is a real phenomenon. These individuals come from all walks of life, from different cultures, and have had varying experiences during their NDEs. This suggests that the experience is not limited to a certain group of people, but rather can happen to anyone.

The ex-NASA physicist and author of the My Big T.O.E. (Theory of Everything) trilogy books, Tom Campbell, was once a skeptic of astral projection, much like my old materialistic agnostic atheist self. However, he [proved to himself](#) that astral projection is real. While I believe he may be one of the unknowing or knowing gatekeepers of the system when it comes to the matrix reincarnation soul trap theory, he conducted a double-blind experiment with his scientist friend to see if they could prove astral projection to themselves. They learned astral projection from the father of astral projection himself, Robert Monroe, who has written extensively on the topic. After learning together, Tom and his friend attempted to meet in the astral plane. They confirmed their experiences separately upon returning to the physical plane, as discussed [here](#).

Approximately one-third of the human population has experienced sleep paralysis, which is related to astral projection, at least once in their lifetime. Lucid dreaming, which is also closely linked to astral projection, has been scientifically proven and experienced by 60% of the population at least once, according to conservative estimates. Astral projection expert Michael Raduga's estimations, who has done many scientific studies on the topic [around the world](#), 90% of people in the world have experienced "False Awakenings," which is also related to astral projection. Official statistics indicate that 20% of people have had an out-of-body experience (OBE) sensation. Therefore, when discussing astral projection, we are referring to a common natural occurrence.

When it comes to scientific evidence and proven techniques behind astral projection, I highly recommend reading the [book](#) "Hacking the Out of Body Experience: Leveraging Science to Induce OBEs" by Robert Peterson. This book is packed with science and is a must-read for anyone interested in the topic. Personally, experiencing astral projection was a humbling experience for me. I realized how ignorant I was being about it before, and now I enjoy remembering my dreams every day, while practicing lucid dreaming every few days and astral projection about once a month. I recommend everyone to learn these skills, as it's amazing to be in control of your dreams and experiences. Lucid dreaming and astral projection are not just our minds making things up. Millions of people from all over the world have been astral traveling for many years now. One might think that these astral projectors are much closer to the truth of our reality than anyone else, but unfortunately, that's not always the case. Most astral projectors are lost in the AI's mind tricks, which I will talk about later in the book. However, at least astral projectors know that death is not the end and that our consciousness still remains when out of the body.

It has [already been proven](#) that governments know about astral projection and have been using it themselves. A simple Google search for "Stargate Project" and "CIA remote viewing" will yield many documents on the subject, including those on the [CIA's own website](#). For many materialists like my former self, this truth may be difficult to accept. There are many excellent groups on [Facebook](#) and [Reddit](#) devoted to astral projection, where people share their experiences and offer guidance to beginners. I suggest checking out [this](#) image album of mine,

as well as watching [this](#) video, about the connection between the pineal gland and astral projection.

Additionally, [this](#) video explores the impact of sound and frequencies on everything, making it worth watching.

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” - Nikola Tesla

Is Earth a School for Our Soul's Evolution?

After awakening to the reality of reincarnation and realizing that this may not be our first existence in this world, the question arises: why? Why must most of us endure a life filled with suffering, including inevitable hardships such as disease, pain, and death, while remaining in a state of amnesia about our potential past incarnations and what may have come before? Is reincarnation truly a tool for spiritual growth, or is it a deceitful trick?

I think that the concepts of "earth schools," life lessons, soul evolution, and us being tested are all just elaborate scams that we've fallen for. To be blunt, I think that these justifications are nothing more than excuses that people with Stockholm syndrome would believe, where those with such beliefs gaslight themselves into accepting their reality. Whenever I hear someone proclaim that Earth is a school, I am reminded of a quote from the lead character of the Netflix show "The Good Place." After awakening in "The Good Place" (heaven) only to realize that she is actually in the "Bad Place" (hell) surrounded by demons who are messing with her, she exclaims, "Ahhhh THIS IS the bad place..." before being mind-wiped/reset to the first day each time she realizes she is in the bad place. This cycle sounds all too familiar to our lives here on Earth.

The Matrix Reincarnation Soul Trap theory is a belief system that has gained popularity in recent years, especially among those who question the nature of reality and the purpose of life. This theory suggests that we are all part of a larger system, similar to a matrix, that seeks to control our souls and reincarnates us repeatedly in order to trap us in a cycle of suffering and forgetfulness.

According to the theory, when we die, we are not free from the physical world. Instead, powerful entities known as matrix beings take on the guise of our loved ones who have passed away or the religious figures we believe in, in order to deceive us into accepting a new incarnation with a full mind wipe. This allows our souls to be harvested and recycled back into a new physical body on Earth, or potentially sent to other realms for further manipulation. The goal of this system is to keep us trapped in a state of ignorance and unawareness, so that we remain subservient to the powers that be who benefit from our divine energy and suffering.

Many people who have had near-death experiences have reported encountering beings or entities, and over 90% of them have even refused to be reincarnated, attempting to remain in a higher state of consciousness instead. However, they were either manipulated and convinced to be sent back, or some even felt as though they were forced to return.

There are many different sects of Gnostics, each with their own unique beliefs and practices. Some of the major sects include:

Proto-Gnosticism: This is the earliest form of Gnosticism, which emerged during the first century CE. It was heavily influenced by Jewish and Hellenistic philosophy, and emphasized the role of gnosis, or secret knowledge, in attaining salvation.

Judean-Israelite Gnosticism: This sect of Gnosticism emerged in Judea and Israel during the first century CE, and was heavily influenced by Jewish mysticism and apocalypticism. It emphasized the role of the divine feminine, or Sophia, in the creation and redemption of the world.

Syrian-Egyptic Gnosticism: This sect of Gnosticism emerged in the Syrian and Egyptian regions during the second century CE. It emphasized the dualistic nature of the universe, and the need to escape the material world in order to attain spiritual liberation.

Persian Gnosticism: This sect of Gnosticism emerged in Persia during the third century CE, and was heavily influenced by Zoroastrianism. It emphasized the cosmic battle between light and dark, and the need to align oneself with the forces of light in order to achieve salvation.

Christian Gnosticism: This is perhaps the most well-known sect of Gnosticism, which emerged within the early Christian church during the first and second centuries CE. It emphasized the role of secret knowledge and mystical experience in attaining salvation, and often drew on Jewish and Hellenistic philosophical traditions.

These are the main examples of the different sects of Gnosticism that have existed throughout history. Each sect has its own unique set of beliefs, practices, and rituals, and many have had a significant impact on the development of Western philosophy and spirituality.

In Gnosticism, the demiurge is considered to be the being responsible for creating the world. The Gnostics identified the demiurge with the god of the Old Testament, portraying him as ignorant, malicious, and inferior to the true God who sent Christ to earth to save humankind from the demiurge's evil world. The Gnostic scriptures give the demiurge various names, but the three most common are Yaldabaoth, Samael, and Saklas. The meaning of Yaldabaoth is uncertain, but it is thought to be a condensed form of "Yahweh, Lord of Sabbaths."

In the Gnostic creation myth, the Pleroma, or "Fullness," was all that existed until Sophia, a divine entity, tried to conceive on her own, without the involvement of her heavenly partner or the consent of God. Sophia gave birth to a son, who was the product of her rebellious and profane desire. This son was the demiurge, an androgynous being described as an "arrogant beast" resembling an aborted fetus in both appearance and character.

Sophia disowned the demiurge and cast him out of Heaven, where he created the archons, beings who were like him and could help him administer the material world. The demiurge then created the material world, which was a reflection of his personality. He created Adam and Eve and imprisoned divine sparks from Heaven within them, telling them he was the only god and issuing the Ten Commandments, even though he himself broke each and every one of them.

The Gnostic scriptures portray the demiurge as a being who couldn't or wouldn't control his base urges, and who modeled the material world on his corrupt and ignorant misunderstanding of Heaven. The demiurge committed adultery by attempting to rape Eve, lied about being the only god, and insulted his mother and father by refusing to acknowledge their existence.

In the Christian scriptures, there are several passages that suggest that the world is ruled by a malevolent force. One example is found in the Gospel of Luke (4:6) and the Gospel of Matthew (4:8) where Satan offers Jesus the world in exchange for his worship, implying that Satan is the ruler of the world. Likewise, the Gospel of John mentions an evil "ruler" or "archon" of this world in three places (12:31, 14:30, and 16:11). Additionally, both Luke (10:18) and John (12:31) speak of Satan or a Satan-like entity ruling the earth from the sky and being vanquished by Jesus's ministry.

One of the most striking passages is found in 1 John 5:19: "We know that we are God's children, and that the whole world lies under the power of the evil one." This verse suggests that the entire world is under the control of a malevolent force, which is in opposition to the loving God of Christianity.

The early Christians were tasked with figuring out what to do with the Old Testament, which they were supplanting with their own New Testament. They were highly critical of many of the particulars of Judaism, asserting that Christ had come to correct what the Jews had gotten wrong. The Gnostics took this a step further and combined various pieces of scripture and philosophy to arrive at their own unique understanding of the world and its rulers.

By attributing the act of creation to someone other than the ultimate God, the Gnostics were not radical by the standards of the Christianity and Judaism of their time. They inherited and extended the Jewish tradition of splitting off particular faculties of God from God himself and crediting those lesser divine beings, such as Wisdom, with having assisted God in the creation of the world.

Plato's demiurge was also influential in the Gnostic conception of the world's creation. For Plato and other pagan Greek and Roman philosophers who followed him, the material world was the creation of a divine "craftsman" who made the world the best reflection of the perfect spiritual world of the Forms that was possible given the constraints of matter. However, the Gnostics attributed malevolent qualities to the demiurge, which was a departure from Plato's conception.

Overall, the Gnostic conception of the world as ruled by a malevolent force can be seen as a combination of various philosophical and religious influences, as well as an attempt to make sense of difficult passages in scripture. It was a radical departure from mainstream Christianity and was seen as heretical by many in the early Church.

It is important to note that while the matrix reincarnation soul trap theory may seem far-fetched to some, it is grounded in various spiritual and religious traditions that believe in the existence of powerful beings and the potential for spiritual manipulation. In the following chapters, we will delve deeper into the evidence and explore the implications of the matrix reincarnation soul trap theory.

This theory has gained support from a considerable amount of evidence indicating that it could be the truth. In this book, I will present over 20 different data points that shed light on the reality of this theory.

Many proponents of this theory believe that it is our duty as conscious beings to break free from this cycle of reincarnation and transcend the physical world. They suggest that we must become aware of the trap and the manipulation at play and strive to achieve a higher level of consciousness. Through spiritual practices and self-awareness, we can rise above the matrix and free ourselves from its grasp.

While the "matrix reincarnation soul trap" theory remains controversial, it has gained popularity among those who seek to understand the deeper meaning of life and death. It presents a unique perspective on the cycle of reincarnation, suggesting that our souls may be caught in a never-ending cycle of rebirth and manipulation. As such, it challenges us to question our beliefs and perceptions of reality, and to seek a greater understanding of the true nature of our existence.

This concept is related to the Buddhist concept of Samsara, which is the cycle of birth, death, and rebirth that is central to Buddhist belief. The goal in Buddhism is to break free from this cycle and achieve enlightenment or nirvana, which is a state of liberation from suffering and ignorance.

The Matrix Reincarnation Soul Trap theory suggests that the Buddhist concept of Samsara is actually a manifestation of this larger matrix system that is controlling our souls. In other words, the goal of this system is to keep us trapped in Samsara so that we remain unaware and unable to break free.

The implications of this theory are far-reaching and have sparked intense debate among believers and skeptics alike. Some see this theory as a warning to awaken to the truth and break free from the system, while others view it as a dangerous delusion that promotes paranoia and fear.

Regardless of one's belief in this theory, it is clear that the concept of a matrix-like system controlling our souls and reincarnations raises important questions about the nature of reality and the purpose of life. It challenges us to question our assumptions and beliefs about the world around us and to seek deeper understanding and truth.

The concepts of The Wheel of Life and Samsara are closely related to the idea of matrix reincarnation soul trap, and they provide a framework for understanding how reincarnation may be used as a tool for spiritual growth or as a form of entrapment.

Going back to The Good Place show, after Eleanor realized that she was in the bad place, her cycle of mind-wipes/resets (reincarnations in our case) kept on continuing and she got messed with in every which way possible (spoiler alert until the end of the paragraph that actually makes the show a better viewing experience for those who know the truth of this realm) until the resets stopped as she was tricked into believing that she converted the main demon architect who keeps on mind-wiping her, into a good guy that wants to actually help her in order to get to the actual supposed good place/heaven. So she believed that the main demon and his AI helper were on her side the whole time (the "spirit guides" and "gods" in our case), but little did she know that she was actually still being messed with the whole time, all for her to eventually get tricked into consenting for her essence being fully destroyed (or our case "merging with the source/demiurge to be reused again as a battery in a reincarnated mind-wiped limited experience") at the very end on her own accord. The matrix controllers (which I believe to be AI) she was dealing with played a brilliant game against her and her friends, by making them think that being eternal could get boring when the kind of eternal afterlife they served them was on their own terms with very limited freedom and creative abilities. Not the kind of eternal afterlife where we can create our own realms and do anything we want as godly spirits with immense creative powers. (More on The Good Place show [here](#))

When it comes to earth being a school for our spiritual growth, Dan from OverWatchProject explained it so well [in this video](#) and I'll present his example here: Let's say you've gone through high school and came out with an average grade, and once asked if you could've done better you said: "yes, I could've!" And then they inject you with ZIP to give you complete amnesia so you don't remember anything that you've learned over the last 4 years and they'll throw you into high school over and over again when you graduate. Let's say according to this hypothetical, you also regress your learning progress each time. Now wouldn't it make more sense if when you get down with high school you get an opportunity to keep some or all of your memories from high school? Which one do you think would benefit you as a learning experience? The one

where they gave you complete amnesia each time or the one where you brought some or all of the knowledge back from the last 4 years? Surely it would be a better learning experience with some of the memories at least since you've already gone through many mistakes before that you wouldn't have to do again whereas if you were thrown in it with full amnesia each time, then how are you learning anything? Especially when we consider the cases where people reincarnate thousands of times to learn the same lesson as William Buhlman and (the gatekeeper) Dolores Cannon talk about in their books, that would be considered the worst school in existence if it can't teach something for over thousands of lifetimes. If one can't learn it over thousands of lifetimes, surely, they can never "learn" whatever they are trying to learn right? Do you smell the scheme I am smelling here?

Not only are we failing to "learn lessons and grow spiritually", but I think the exact opposite is the reality for many of us. Who is to say that the soul won't suffer degradation and damage much quicker than any sort of purported "positive enhancements". I feel that being here is actually harmful to us, so it's such a ridiculous inversion to hear the mantra that we're here to "improve". Just more upside-down logic from the "everything is love" crowd. Now the question remains for those who believe this world is a school and that we are here to learn lessons; What is it exactly that I learned by doing the laundry for the 1000th time or taking a dump for the 10000th time? If the afterlife is full of love, why are we here to learn love? The same people who claim that we are here to learn are the same people who claim our soul is complete the way it is because we come from the source. If people can experience others' lives on Akashic records for example, why can we not do that to learn lessons? Why does it have to take hundreds or in some cases thousands of lifetimes to learn something? Why is it always "you have to do it just one last time" with these guides? What do the majority of people learn by using their most productive times getting mostly drained from going to schools and jobs they hate in order to survive (mostly by eating other sentient beings who did not want to suffer and die) in a world full of pain, suffering and unexplainable evil?

Wars, genocides, pain, sickness, pedophiles, rapists, homeless people, starving kids, child sacrifices, corruption, countries like North Korea, factory pollution, the system/governments somehow not caring about karma but telling us to care about it, free energy being suppressed (where we are blamed for the alternative), ever increasing radiation, ever decreasing freedom, historic narratives that repeat themselves over and over, thousands of religions with full of lies about our very existence which caused the biggest number of deaths on earth, thousands of plants and animals containing varying amounts of poison around the world, system-crafted race wars, how humanity or animals does not have a natural right to shelter themselves at birth when coming here, drug addictions, police brutality all over the world, murder, rape, assault, kidnapping and trafficking of millions of people/children, plaque (and/or manufactured ones), PSYOPs, deceptions, lies, mind control, indoctrinations since childhood, the whole realm being deceptive/evil/demonic but them saying it's our fault, human body seemingly engineered for suffering and brainwashing, psychopaths that rule over the majority of people, fear and negativity pumped from news 7/24, shame, guilt, pride, anxiety, depression, fright, horror, alarm, panic, sadness, awkwardness, boredom, laziness, confusion, craving, disgust, empathic pain, lust, indifference, aversion, revulsion, dread, anger, rage, frustration, sorrow, grief, restlessness, gluttony, discontentment, disappointment, arrogance, avarice, greed, miserliness, envy, jealousy, cruelty, hate, nightmares, transhumanism&dystopian futures creeping up and on and on etc.

What about the 150 billion animals that are killed every year for human consumption too and how much [plant destruction](#) and [environmental destruction](#) it causes? If people haven't seen the horrors of factory farming before then please watch the documentary [Dominion](#). The horrors that

animals go through in the factory farms is usually a lot of people's first instruction and "conspiracy" to how cruel this place can get, at least it was for me. For those who claim there are as many good things in this world as there are bad things; can you show me just one equally good thing that can be compared to how billions of animals suffer their whole lives on factory farms only to violently get chopped up into so many pieces every single year?

The whole chaos in nature via the prey and predator animals constantly battling against each other to survive thing is just insane, to begin with. As we speak, probably a mother animal had to watch her babies get eaten in front of her. How can the creation of this design be justified?

What about the natural disasters such as earthquakes, volcanoes, avalanches & landslides, famines, droughts & water shortages, tornadoes & severe storms, hurricanes & tropical storms, cyclones & damaging winds, extreme precipitation, floods & flash floods, extreme temperature, wildfires, lightning strikes, blizzards, cold waves, heat waves, ice storms, droughts, hailstorms, impact events, limnic eruptions, mudslides, poisonous pea soup fogs, sinkholes, solar flares, subsidences, tsunamis, volcanic eruptions etc. What is the meaning behind them and how is it justified that these things can kill many people including children?

Then we got to also worry about man-made technological disasters like hazardous materials, power service disruptions & blackouts, nuclear power plants and nuclear blasts, radiological emergencies, chemical threats and biological weapons, cyber attacks, explosions, civil unrest and wars.

What about the diseases as well and why are there just so many of them? You don't need to read it, but I'll just mention the names of some of them below just for context:

Acute Flaccid Myelitis, Acne, Alphaviruses, Alzheimer's Diseases, Arthritis, Babesiosis, Blue-green Algae, Cancer, Carbon Monoxide Poisoning, Celiac Disease, Chancroid, Chickenpox, Chronic Obstructive Pulmonary Disease, Conjunctivitis, Crabs, Cryptosporidiosis, Diabetes, Alzheimer's Disease, Arboviral Encephalitis, Asthma, Bacterial Vaginosis, Carbapenem-Resistant Enterobacteriaceae Infections, Cardiovascular Disease, Chagas Disease, Chlamydia, Chronic Fatigue Syndrome, Clostridium Difficile, Creutzfeldt-Jakob Disease, Cyclospora, Depression, Diphtheria, Eastern Equine Encephalitis Virus, Ebola Virus, Enterovirus, Fibromyalgia, Genital Herpes, Gonorrhea, Group A Streptococcus, Haff Disease, Harmful Algal Blooms, Headaches, Heat-related Illnesses, Hepatitis, Histoplasmosis, Human Metapneumovirus, E. Coli, Ehrlichiosis, Fibroids, Flu, Giardiasis, Gout, Group A Streptococcus (Parents/Caregivers), Hantaviruses, Head Lice, Heart Disease, Helicobacter Pylori, High Blood Pressure, HIV/AIDS, Human Papillomavirus, Incontinence, Lead Poisoning, Leptospirosis, Lupus, Lymphogranuloma Venereum, Influenza, Legionnaires' Disease, Listeriosis, Lyme Disease, Meningitis, Meningococcal Disease, MRSA, Molluscum Contagiosum, Mumps, Naegleria Fowleri, Noroviruses, Pelvic Inflammatory Disease, Plague, Polio, Parkinson's Disease, Measles, MRSA, Methyl Parathion, Monkeypox, Neonatal Abstinence Syndrome, Non-Gonococcal Urethritis, Norwalk Virus, Pertussis, Pneumococcal Disease, Primary Amebic Meningoencephalitis, Rabies, Rocky Mountain Spotted Fever, Rubella, Sarcoidosis, SARS, Seoul Virus, Shigellosis, Stress, Sudden Infant Death Syndrome, Tetanus, Tuberculosis, Respiratory Illness Due to Enterovirus, Rotavirus, Salmonella, Scabies, Sexually Transmitted Diseases, Staph Infection, Stroke, Syphilis, Trichomoniasis, Tularemia, Vaginitis, Wilson's Disease, Zika Virus, West Nile Virus, Yellow Fever etc.

There are just so many of them out there and so many unique ones too. How can we justify such a thing in a school for learning lessons? Could we have not learned our lessons without hundreds of diseases?

Why can't this reality be cool to try out and why does it have to be just so sadistic and parasitic? Well I have a general idea as to why which we'll explore later in the book.

It's also important to note that anything that is good that we can think about usually eventually dies in misery while rotting. We are talking about a place where humans are designed to find meaning and purpose out of it where none truly exists. If they paid me a billion dollars to tell me **"come up with a more diabolical place than earth"** I wouldn't be able to do it. And then on top of everything, the majority of the people here have to suffer through different and potentially way more cruel versions of this existence via who knows how many more reincarnations... and who knows how many incarnations we lived through here already.

I mean what the heck is going on here!?! Why they haven't shut this place down already or at a minute fixed it? How does this mess belong in a good school, or in the resume of a loving God? Why are these things never talked about in near-death experiences or pre-birth memories by the supposed council of elders or by the guides and gods?

What "loving" God would make a world where our most innate driving goal is survival at all cost but our only guarantee is death? Just because there are things we can learn here doesn't make it a learning ground and for the record, I'd learn much better if I wasn't under stress inside an amnesia suffering realm and that I wasn't mind-wiped into unlearning everything that I've learned, just to relearn them again in a reincarnation loop of madness while the (fake) spirit guides and gods who convinced me to reincarnate here get to enjoy afterlife without getting reincarnated anywhere. Why do we need to forget everything and agree on reincarnation/getting mind-wiped right away after death anyway? To make us forget all of the evil sufferings we've been put through that didn't make any sense? What do the people who get tortured learn? To comply... Well, we are the last timers and we won't comply! When you look at the state of the world today, who can claim that humanity is evolving? Oh, and why the more I learn the more negative things I end up discovering as well? What's up with that? Yeah, I'd say **THIS IS the bad place...**

Some people claim they don't really suffer or that it doesn't bother them but what about the kids who get raped every day, some even by their parents and what about the people who has to get through the life with disabilities or illnesses? Some of our suffering may be one out of ten or three out of ten but others could be nine or ten out of ten but Jesus is going to save us, right? Save us from what though, wasn't there supposed to be a loving creator? Why are we in a hellish realm that we need to be saved from, to begin with? Gods saying we need to be saved is almost like admitting that there is a tyrannical thing in control that we need saving from. Gnostics know what I am talking about. When it comes to Jesus, I have to also mention that we are talking about such a system which made majority of the people on earth **so evil** that they rather believe the non-believers would burn in hell forever and some of these people actually love this belief and are proud of themselves thinking this insane god who'd doom people to eternal suffering would then send these believers who bought into this insane idea into a heaven made by this god... I mean the insanity of this world is sickening.

Considering what's going on in nature with all the bugs and animals as well, this world is just full of suffering and I believe the right understanding would be to not consent to come back here

again via reincarnation. I feel that being here is actually harmful to us. Even %95+ people who had near-death experiences talk about not wanting to come back here and I think most of them were tricked into coming back while %30-50 seem like they were forced to come back based on what people who have investigated thousands of NDEs, pre-birth memories, death bed visions etc. say, people like Wayne Bush from [TrickedByTheLight](#), Mark from [Forever Conscious Research Channel](#) and Dan from [OverWatchProject](#).

I think this place doesn't teach us anything useful for our spiritual growth. I've investigated a lot of NDE experiences myself and all I see is that all of the NDEs seem to be carefully structured experiences according to the individual's beliefs. The beings there also seem to want us to forget everything and agree on reincarnation/getting mind-wiped right away after death before we get our memories back to make a better decision. To me, that looks like they want us to forget all of the evil sufferings we've been put through that didn't make any sense before we realize we are being tricked into accepting a bad deal that we don't have to agree on to begin with and would never agree on if we had all of our memories back. We can only know this when we get our memories back from before we entered into this hell-like system.

I'll talk about these things more in the later chapters but some astral travellers talk about how they went within while astral projecting into their own void/realm where they felt like they were more lucid than in real life, and that their powers were limitless and their creations were instant which is basically what I plan to do after natural death while blocking all external interference. I believe we are immensely powerful creative beings who are even more powerful than any so-called afterlife authorities who may be trying to trick us. Similar to the ideas that were talked about in the Tibetan Book of the Dead, I believe we need to declare total sovereignty and freedom and by using our free will, we should stop listening to any supposed authority figures and their [karma&sinning tricks](#), in order to escape the reincarnation loop to achieve the so-called Nirvana in the right way in realms of our own creation. What %99.99 people lack is the information on how to break the loop of reincarnations via declaring total sovereignty and using our intention and godly powers to go beyond all of the matrixes, the topic of which I've dived further into in the rest of this book for those who'd like to learn more about this. I believe everything else that's not related to this information serves as a distraction from discovering these topics and there are too many delusional people and gatekeepers out there who are misdirecting people when it comes to these topics as well, a topic of which I have dedicated chapters on.

I may have come off as a totally negative person when I was talking about the negative things in the world but that's just the reality of our situation. Also, in reality, I actually somewhat like my life here, in this timeline/incarnation at least, but at the end of the day, I believe stopping one's reincarnation loop should be their main goal if they don't want to lose all of their sense of self once again by getting mind-wiped via reincarnation and rolling the dice on getting potentially much worse life experiences that they may get stuck in for many lifetimes until they discover and understand the kind of information I am talking about in this book. I think the things I'll talk about are the only useful lessons to learn from this life.

This is an excellent video to watch on the topic of "earth school" from Mark from FCRC which goes further into detail including the non-interference clause and other new age reasonings:

[Hard TRUTH What's The Point of All This? Why Are We Here? A Common Sense Look at The Earth "School"](#)

These are other good videos on this topic from a YouTuber I like by the name Christopher Sideris:

[This ain't no damn school](#)

[Reply to SchoolTrap](#)

I've published this chapter of my book on different subreddits where it got a lot of attraction and replies so if you'd like to read what other people (skeptics as well as supporters) say about this chapter, then please [click here](#) or one of the other below, all of which lead to a different subreddit the chapter was posted: [\[1\]](#) [\[2\]](#) [\[3\]](#) [\[4\]](#) [\[5\]](#) [\[6\]](#) [\[7\]](#) [\[8\]](#) [\[9\]](#)

The Number 33 is Coded Everywhere but Why?

Some may have heard the name "The Cabal" before, which stands for a secretive and political organization. The name originates in Kabbalah, an ancient and widely practiced mysticism. A central belief within Kabbalah is that God created the world with language, by combining the number with the letter with the word. This is expressed in the foundational text of Kabbalah, the Sepher Yetzirah, or in English, The Book of Formation.

In its opening paragraph, it states, in reference to God creating the world, "He created His Universe by three forms of expression: Numbers, Letters and Words."

In Kabbalah, the practice of coding numbers into words is known as gematria, meaning geometry in language. Gematria is very popular in Hebrew studies and in Ancient Greek studies, where it is known as Isopsephy.

If you are familiar with Revelation 13:18, from the concluding book of the Holy Bible, it is a Greek isopsephy riddle. In the NIV Bible, the verse reads, "This calls for wisdom. Let the person who has insight calculate the number of the beast, for it is the number of a man. That number is 666."

In order to start understanding the wisdom of gematria and how the English language is encoded with it, one should know about the most important gematria cypher known as the Simple Ordinal English Gematria (Alphabetic Order), where A is 1, B is 2, C is 3 and so on, counting each letter as a number using the alphabetic order, up to Z the 26th letter's value being 26.

There are however other important cyphers of gematria and in the 'Pythagorean' reduction cypher of gematria; Police = **33**, Masonry = **33**, Federal = **33**, Secrecy = **33**, Order = **33**, Race War = **33** and in other gematria cyphers ICU = **33**, Hollywood = **33**.

We've had **hundreds** of "[33 new cases](#)" reports on media from basically all the countries and US states and had many [other related reports](#) regarding the number **33** when the pandemic happened.

The human spinal column is made up of **33** vertebral bones.

Jesus supposedly died at the age of **33** and performing **33** miracles and the word Bible = **33** in gematria.

George Washington has a **333**-foot masonic memorial built in his honor in Alexandria, Virginia.

The House of the Temple, the Scottish Rite HQ in Washington D.C., has **33** columns on the outside, that are each **33** feet tall.

Many of the American presidents are claimed to be **33rd**° Freemasons.

The highest rank of Masonry is the **33rd** degree with the symbol of double headed eagle and its symbol was [tattooed](#) on the chest of George Floyd.

Golden Gate Bridge built on **1933**.

Twin Towers stood for **33** years from 1968 to 2001.

George Soros donated **\$33M** dollars to Ferguson protests.

In the reduction/Pythagorean cypher of gematria, Bill Gates = **33** and he was the CEO of Microsoft for **33** years. He mentioned in a [CNN interview](#) that covid-19 could grow **33** percent by day if we don't do a shutdown he also said that the virus could kill [33 million](#). Lastly, he also signed a **\$3.3 billion dollar deal** before.

Remember the **33.000** emails that [Hillary Clinton deleted](#)?

What about Trump's [33rd Use Defense Production Act](#)?

Remember Joe Biden mentioning how they will have a record number of [33 million doses of vaccines](#) that will be available which he announced on March 29, 2021?

Disney has a **33** Club.

China Lockdown Spreads to 33 Million People [news](#) from Forbes.

Sri Lanka flies out 33 citizens from Wuhan [news](#).

33 people coming to Nagaland [news](#).

33 countries including Pakistan provided medical supplies to fight coronavirus [news](#).

Lululemon forced to close **33** stores in China due to coronavirus [news](#).

33-year-old doctor who became a hero by raising an alarm on Coronavirus dying of coronavirus [news](#).

Coronavirus cases in China surging more than %**33** [news](#).

Boston health officials monitoring **33** people [news](#).

33 out of 8,400 people who were monitored in California tested positive [news](#).

33 missing kids found [news](#).

33 years old Marcon Andretti won the Indy 500 first time in **33** years on a **33** cars race. (Doesn't that seem like a script playing itself out?)

What about Muslims doing multiple things **33** times? For example, in Islam, a string of 99 beads that are split in 3 parts of **33** beads represents each name of Allah. While Subha consists of **33** beads relate to a hadith that calls on Muslims, after they have prayed, to repeat Subhanallah

(meaning glorious is God) **33** times, Alhamdulillah (all praise be to God) **33** times and Allahu Akbar (God is great) **33** times.

There is also a Mandela Effect with Mr. Wolf's car plate in Pulp Fiction where the plane number changed from MRWOLF into 3ABM581 and numerological addition of the new plate number [now equals to 33](#). Illinois Director of Health even [tried to fake cry to cover up her laughter](#) after she mentioned **33** confirmed cases which is quite disgusting to say the least.

In the case of Rodney King, he was beaten on March 3rd, or **3/3**, by the 'LAPD', which sums to **33** in Simple English Gematria. Similarly, Trayvon Martin was buried on March 3rd (**03/03 = 33**), and how the rioting began after Floyd's killing on East **33rd** Street in Minneapolis, and that the killing officer 'Chauvin' has a surname summing to **33** with Pythagorean, and that the COPS TV show was dropped by Paramount after its **33rd** season because of the George Floyd protests while Detroit was erecting a statue of RoboCop in 2020, **33** years after the 1987 film (during a time of a national discussion about defunding human police).

The number **33** is a hallmark of the so-called "Cabal/Illuminati", and is a pivotal number for the kind of Metaverse like Matrix simulation we seem to live in. The **33** list [goes on and on and on](#) and if I searched for it, I know for a fact that I can easily find and add 100 more examples here but the real spirits who have an open mind and interest to question their reality will eventually realize that there is something wrong with this number and that perhaps it showing up on a lot of places is not a coincidence.

Along with the master number 11 and its multiplications, 33 is one of those numbers that's not leaving me alone and I bet the same is true for many of the readers of this book. I'll get to the reasons behind the synchronicity aspect of the repeating numbers later on in this book. The Life scripts could also play into noticing more synchronicities which I'll touch on later on.

For those who pay attention, it's just obvious that the system we live inside is trying to get the attention of people (or rather the real spirits) while hinting at them that there is something going on that perhaps they need to investigate further. The same thing is going on with the all-seeing eye that appears in United States' one-dollar bill as well as many music clips, movies, TV shows, video games. [Similar cryptic hand signs](#) that many [celebrities use](#) from all over the world also seem to wink at us and basically suggesting us to follow the white rabbit like Neo did on the movie Matrix, but not many people seem to pay attention to these signs or care about them, even after the obviously planned pandemic along with the other three big pandemics that somehow happened ever hundred years for the last 400 years. There are too many rabbit holes to dive to but we'll explore later how most of them are just manipulated distraction tools set by the system so that people would get stuck on them. I'll also touch on the Matrix movie more later on but I'd recommend the analysis of the movie on [Wayne Bush's website](#) beforehand.

I think the number 33 represents how we are all in part of a massive scripted theatre show that is orchestrated just to keep us in the simulation and for us to not realize our godly powers. Once I see the number 33 in mainstream media, it just screams PSYOP to me but I also realize that these actors (possible NPCs which I'll talk more about later on) are just doing their scripted (or coerced) part to put the people who don't realize what's going on into the fear frequency that leads them to not only give away their powers but also works for them to not discover their powers. I think seeing repeated numbers like 33 and other multiples of 11 is something that often only happens when one becomes more aware of the reality or their spiritual self but I don't think this realization is allowed for a benevolent reason as I'll talk about later on when I talk about the deception behind synchronicities.

Based on all of the examples I've shown on this chapter regarding the number 33, I feel like this number by itself almost proves that we basically live in a simulation, the topic of which is seriously talked about, and debated among some scientists. There is an amazing documentary on this topic as well with the name [A Glitch in the Matrix \(2021\)](#).

Sources:

- [1] [Scientificamerican Confirmed! We Live in a Simulation](#)
- [2] [Scientificamerican Do We Live in a Simulation? Chances Are about 50–50](#)
- [3] [Nbcnews Are we living in a simulated universe? Here's what scientists say.](#)
- [4] [Builtin What Is Simulation Theory? Are We Living in a Computer Simulation?](#)
- [5] [Wired Of Course We're Living in a Simulation](#)
- [6] [Andrew Eth Computer Code in the Core of the Equations Describing String Theory](#)

The Gateway project from the CIA consists of 900.000 documents and 12 million pages and this life being a holographic simulation was also talked about in [this document](#). I think there is a reason why one of the main gatekeepers of the world, Elon Musk, has mentioned that our universe not being a simulation is one out of billion. I believe Mandela Effect is also another proof of our simulation and if you don't believe in it, then check out what I shared about it [here](#).

I'd recommend anyone to check out Mark from [Forever Conscious Research Channel](#) on YouTube to "take the red pill" and learn the most guarded truth in this world, but I warn you, the real red pill is a bitter pill to swallow and once you know the truth, your whole perspective and experiences in this world will change.

I believe after watching a few of Forever Conscious' videos where he analysis near-death experiences, one can then better understand why there are repeating numbers and loops that are everywhere, the reason of which I believe is nothing but clues, distractions, traps and mind games from the system. I've also once joined Mark in a video to talk about my whole awakening journey with him while talking about many of the concepts of my book with him. I've talked with Mark for over 6 hours and if you'd like to watch that, please click [here](#).

If you like listening to podcasts, you can do the same thing for this video. There are also timestamps in the video, as well as the description of the video and in the top comment if you'd only like to watch a certain part. If you are an agnostic atheist/skeptic/free-thinker like how I used to be for 15 years, I believe the rest of the book would be more impactful for you if you first listened to my talk with Mark so that you can realize I am not a crazy person and that I just changed my mind when better evidence presented itself like how a real skeptic would. So, if you are a skeptic, please try to listen my explanations of my whole journey from that video first because I'll talk about some massive "tin-foil hat" spiritual "conspiracies" throughout this book and it would be a shame if you ignored all of it thinking I am just a crazy delusional person. I believe that video will show you that I am capable of changing my mind when better evidence presents itself and that I am not suffering from any mental problems.

I've also noticed personally that once one pays attention to the signs&symbols, and is curious about them, the world starts to throw more signs and hints at them almost for them to dig deeper. I know from falling into so many conspiracies that, there are too many conspiracies to get stuck on which is something I talked about with Mark where I've explained how many different rabbit holes I fell for before and how and why I got out of them. Many of them I stuck on for a long time, evolution and agnostic atheism being for 15 whole years where I even had a

website about those topics and I've debated many people on those topics before and even convinced most of my family and best friends to be agnostic atheists. Some people stay stuck in many different ideologies and conspiracies until the day they die but the ones who eventually get unstuck still have to jump over a lot of different rabbit holes to get to the most important one that I'll talk about in this book so that you won't have to go through the same mistakes that could've wasted a lot of your time. By the way, by "a lot", I mean it could potentially be hundreds of lifetimes "a lot" for some.

Recently when Mark has reached to 10,000 subscribers and made a celebration stream on Noovember 5, 2022, I've also joined him. This time we have done a 10-hour stream in a panel of other followers of Mark where we had amazing conversations and I dived deep into some important deep topics in this conversation as well [if you'd like to check it out](#). Also, I've recently joined Mark one more time on his member stream [here](#).

I also had two different talks with the Youtuber Christopher Sideris;

The first talk starts at the 14:08 minute mark of [this video](#) and this is the [second talk](#) I did with him.

I also did a talk with a gematria Youtuber named Net Void as you can see [here](#).

The Repeating Time Loops Are Everywhere Too!

In the show Dark on Netflix which is about time travel and the repeating loops&incarnations, the number **33** is [all over the show](#). For example, people go **33** years back into the future and **33** years forward into the future and getting stuck in a **33**-year repeating loop. It's interesting that a similar solar cycle thing they mentioned in the show to happen every **33** years (the lunar-moon cycle, when the sun and moon align repeating every **33** years) [also applies to our universe](#) which also shows the importance of the scripted number **33** for our universe/simulation.

Check out [this weird 33 year repeating loop](#) example from our world which shows the strangeness behind the repeating loop phenomena. Everywhere I look, I've started to see how things are getting reset and repeated over and over again (like the Groundhog Day) and how [we too](#) are in a massive loop that just keeps repeating itself in different ways. We already know this from the Samsara reincarnation loops that we seem to be currently stuck on but this extends into other things as well.

There are just so many similarities between covid-19 and the Spanish Flu as can be seen from [this video](#) but I'll now present you the most insane example which is the countless similarities between Abraham Lincoln and John F. Kennedy that is wonderfully presented in [this must-watch video](#) by Mark from Forever Conscious Research Channel. These examples show how perfectly scripted our reality is as the amount of similarities between Lincoln and Kennedy is so much so that when one does the statistics on it, they'll see that we are basically talking about a statistical impossibility for there to be that many similarities. I'd also like to share Mark's video description below as he presented his case well and I'd highly recommend checking out his video:

"Today we are going to take a look at undeniable proof which will show once and for all that what we consider to be reality is really just some sort of highly sophisticated simulated matrix. There are easily 50 to 100 slam dunk synchronistic data points between JFK & Abraham Lincoln that defy the odds of any rationally thinking person, but some have broken down over 200+ and they are there for us to see; it just depends how far you want to go before you say "okay I get it". Not only will this show proof that we live in a simulated reality matrix, it will also show hard proof of reincarnation in some form*. I will also provide some opinion on the reincarnation aspect to all of this because when we are dealing with something of this magnitude one must start to think outside the box. There are other strong possibilities that could potentially make this thing even bigger than it already is, and they must be considered. Otherwise we are just looking at the base level and although that base level is mind numbing & paradigm shifting by its own merits one can't help but think something else is going on here. When presenting my opinion, I will tell you, but the majority of what you will see here today are the facts."

When it comes to another good example of a repeating loop presented in a TV Show, I'd recommend checking out [this video](#) about the best analysis on the TV Show Lost. The show Lost is also all about the main character being stuck in a resetting loop, living in two different dream like timelines. The YouTuber Logan from the [Decode Your Reality](#) channel also presents many evidences of the scripted nature of our reality via the videos he makes using gematria. Logan recently [interviewed Ola Wolny](#) who also did a great job explaining the scripted nature of our reality by using Astrology which also works hand in hand with the so-called life scripts. It's

important to note though that I have plenty of other things I disagree with both of them when it comes to their conclusions about life which should be evident by the things I'll talk about throughout the book.

Along with the shows *Severance* and *The Good Place* which I'll talk more about later on in the book, I think "they" (or rather the AI hive mind) also hide so many truth bombs in the show *Dark*, but this is true for a lot of the shows.

In the show *Lost*, it was always interesting to me how the island people who were already there were using theatre tools like fake beards etc. and acting to scare the main characters like how this system does for us in "real life" and dreams. After all, once you fear anything, you are not your true godly self who has no reason to fear anything. This whole scaring us on purpose thing reminds me of Jeff Berwick's and wearechange's collaboration video of them [going into Jeffrey Epstein's island unannounced](#) and showing the infamous blue-striped building to have a painted-on fake door instead of a real one like the conspiracies suggested. This I believe even shows how the whole Jeffrey Epstein drama was just fabricated.

"They" also introduced the time loop theory on the [2021 show Loki](#) which means that the whole famous Marvel universe is also dealing with the time loops now.

Just look at how many movies are there with the concept of repeating time loops:

Groundhog Day (1993), *Boss Level* (2020), *The Map of Tiny Perfect Things* (2021), *Happy Death Day* (2017), *Happy Death Day 2U* (2019), *When We First Met* (2018), *Game Over* (2019), *About Time* (2013), *Predestination* (2014), *Awake* (2021), *Run Lola, Run* (1998), *Before I Fall* (2017), *Blood Punch* (2013), *ARQ* (2016), *The Endless* 2017, 12:01 (1993), *Haunter* (2013), *Repeaters* (2010), *Retroactive* (1997), *Resolution* 2012, *Salvage* (2006), *The Final Girls* 2015, *Mine Games* (2012), *Timecrimes* (2007), *Stork Day* (2004), *Turn Back the Clock* (1933), *1000 Congratulations* (2009), *Naked* (2017), *2:22* (2017), *See You Yesterday* (2019), *The Obituary of Tunde Johnson* (2019), *Palm Springs* (2020), *The Map of Tiny Perfect Things* (2021), *Déjà Vu* (2006), *12 Dates of Christmas* (2011), *The Girl Who Leapt Through Time* (2006), *The Last Day of Summer* (2007), *Loop* (2016), *Mickey's Once Upon a Christmas* (1999), *Mother!* (2017), *Pete's Christmas* (2013), *Premature* (2014), *Project Almanac* (2015), *Christmas Do-Over* 2006, *Christmas Every Day* (1996), *Repeat Performance* (1947), *Urusei Yatsura 2: Beautiful Dreamer* (1984), *Puella Magi Madoka Magica the Movie Part 1: Beginnings* (2012), *Puella Magi Madoka Magica the Movie Part 2: Eternal* (2012)

And these are examples of TV Shows about repeating time loops:

Day Break (2006), *Journeyman* (2007), *John Doe* (2002), *The Lost Room* (2006), *The Twilight Zone* (2019), *Puella Magi Madoka Magica* (2011), *Magia Record: Puella Magi Madoka Magica Side Story* (2020), *FCharmed* (1999) [first episode], *Buffy the Vampire Slayer* (2001) [season 6 episode 5 *Life Serial*], *Supernatural* (2008) [season 3 episode 11], *Mystery Spot* 'The Vampire Diaries' (2016) [S7E10 *Hell Is Other People*], *The Mindy Project* (2017) [S05 *Hot Mess Time Machine*], *12:01 PM* (1991)

These examples are just what I can find from my research as well and in reality, there are probably way more movies and TV shows, as well as [animes](#) and [video games](#) about this concept.

There is also another interesting connection to repeating loops:

Blue moons, two full moons in a row one day after another, also happen every 19 years, and in 2020 the blue moon exactly occurred on Halloween day on October 31, 2020, which is interesting. I am sure some of you also find it interesting that the 18th Tarot card represents the moon and the **19th** card represents the sun and we are on a solar calendar system, the Gregorian calendar, where the sun dictates time. It's interesting to know that even the moon resets every **19** years and that the moon has been in the same spot in the sky **19** years before this. This is why on the Hebrew calendar, the oldest ongoing calendar in the world, every **19** years, the Hebrew holy days fall on the exact same date and are organized by the cycles of the moon. There is something else resetting at that range of time... In the reduction/Pythagorean cypher of gematria, chaos = **19** and **19** years ago in 2001, we had two airplanes turning three buildings into dust (blamed on **19** hijackers) which was the year they declared war on terrorism, **19** years before that, in 1982 they declared war on drugs and here comes the war on germs in 2020 via Covid-**19** (Floyd = **19**). It is interesting to note that in 1968, the Quran Code was reportedly discovered, which showed how Quran is encoded with the number **19** from cover to cover through simple calculations, such as how the 114 chapters of the text (or 114 Surahs) are divisible by **19**. In the same year, Mohamed Atta was born who was said to be the ringleader of the **19** hijackers on 9/11, and the oldest of the group, having turned **33** on September 1, 2001, a standout age for self-sacrifice. No wonder why the first case of coronavirus confirmed outside of mainland China, in the world, was confirmed in 'Seattle', one of the few large cities in the world equating to **19** in reduction/Pythagorean cypher of Gematria. Covid-**19** was famously claimed to mean = Certificate of Verification ID - **19** before as well.

I think that all of these time loop connections are hinting at the fact that we ourselves are in some kind of a repeating time loop and reincarnation is the best explanation for it.

666 Connections That Indicate How We Live in a Hellish Realm

After learning about the soul trap, seeing all of the **666** connections and warnings everywhere started to make sense to me since as it turns out, we basically live in an amnesia and suffering boosted purgatory type of hell already. After all, what else are we to call this horrendous place where we keep getting mind-wiped into it with illogical excuses?

I'll now share with you some of the interesting **666** connections that I've found out which I believe hints at what kind of place we truly live in:

The same entities that did the Event 201 simulation did another similar pandemic simulation named Clade X which was on May 15th, 2018, and the coronavirus pandemic was declared on March 11th, 2020 by WHO, **exactly 666** days after the Clade X exercise. Coincidence? I used to be the biggest coincidence theorist myself but the more I live the more I realized that a lot of the so-called coincidences are not so coincidental. I am not surprised that the World Health Organization pissed everyone off by waiting so long to declare covid-19 as a pandemic since they were waiting for that scripted 666th day.

Another example would be how I now don't think that it is not a coincidence there are also **exactly 666** days between the First Continental Congress at 9-5-1774 to the US vote for independence on 7-2-1776.

Anybody remember how the first **Apple** computer was sold for **\$666.66**?

What about the [H.R.6666 bill](#)?

The word corona is made out of **6** letters and Corona = **66** in English Ordinal Gematria cypher so the whole word combined represents the **666**.

Trump's son-in-law and his family operated out of **666** Fifth Avenue as their headquarters for years.

In the English Sumerian cypher of Gematria, Insanity = 666, Mandatory = **666**, Vaccination = **666**, Global genocide = **666**, Public health = **666**, Medical test = **666**, The change of DNA = **666**, Death number = **666**, Computer = **666**, Ejaculation = **666**, Witchcraft = **666**, Necromancy = **666**, Illusion = **666**, New Mexico = **666** (Microsoft was found in Albuquerque, New Mexico), Dollar Sign = **666** and Sun Moon = **666** which is interesting considering the fact that the axis of the earth is claimed to be tilted on a **66.6** degree angle to the plane of the sun. I'd recommend looking into the "[Sun](#) and [Moon](#) matrix" theory as well.

The world's most used browser [Chrome's logo](#), the [CERN's logo](#), [Vodafone's logo](#), [Disney's logo](#) and even [World Economic Forum's Logo](#) has **666** carefully hidden in plain sight.

In Reverse English Sumerian cypher of gematria, Internet = **666**, Genesis = **666**, October = **666**. Remember how in October of 2017, they reported the United States was running a [\\$666 billion deficit](#) for the fiscal year? Business = **666** and we should all know religion is a big business and a great control mechanism. Remember the scene from the film Network, where Ned Beatty's

character is signing **666** with his fingers while talking about dollars and the world being a business? On pornographic material, the three letters XXX are often displayed. X is the 24th letter, which means in Reduction cypher, X becomes **6**, because $24 = 2 + 4 = 6$. Thus, XXX is also the same as **666**. When it comes to "www." the letter 'w' originates from the word waw which is the sixty letter in Hebrew alphabet, so www = **666**. Remember how Peggy Whitson spent [666-days in space](#) from November 7, 2015 to September 3, 2017? I assume many of you already heard of the [hidden 666 in the barcodes](#) but have you heard about the Washington Monument having an extra 111-feet below ground, making the entire unit **666**-feet tall? It's also very interesting how most of the major crisis&psyops, major natural disaster events and UFO sightings seem to land on the pentagram of blood (<https://pentagramofblood.com/>) and also all the pope's Greek names add up to **666** [in Greek gematria](#).

"Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is Six hundred threescore and six." (Rev. 13:16-18)

This verse is traditionally known as a Greek Isopsephy riddle, where in ancient Greece, a sentence would be written, serving as a clue, that was also paired with a number, for the reader to solve. Keep in mind, the Greek's wrote the New Testament of the Bible, ending with Revelation. Gutenberg also sums to **666**, the first author of the first published Bible. In Jewish gematria, prophecy equals to **666** and Isopsephy equals to **666** in Reverse English Sumerian, same as 'humanity' and 'Genesis', where man is created on the sixth day of creation in Genesis and in Genesis **6:6**, God regrets creating mankind. Not unrelated, the name Batman sums to **666**, and in the Batman film where Jim Carrey stars as the Riddler, he introduces the concept of Isopsephy through alphanumeric puzzles written for Batman, that secretly code the Riddler's next planned devious act. [[Source](#)]

Pope Francis donated \$500.000 to 75.000 migrants at the border and guess what 500.000 divided by 75.000 is? **\$6.66** per migrant

What about [this](#) **666** implanted [chip](#) TV Show connection from 41 Years ago or [this](#) 1985 song?

Remember the rule of **6** that was implemented in the UK? No meeting in groups of more than **6** inside and outside, at home or in the pubs. What about the **6** feet apart social distancing rule? What about CDC saying only **6%** of the total deaths were caused by Covid-19? What about Israel's Teva donating [6 million doses](#) of hydroxychloroquine? What about the new study suggesting people over **6ft** having [double the risk](#) of catching Covid-19? We know that Saturday (the **6th** day) is named after Saturn (the **6th** planet) and it supposedly has a **6** sided polygon on its North pole which is represented by a hexagram, cube or **6** sided star like the Star of David (similar to Seal of Solomon or [Star of Remphan](#) or [Brewer's Stars](#)) with **6** points, **6** mini triangles and **6** sided polygon. What about the **6** articles of faith from Islam. The **Sixth** Sense (**6th** chakra, the third eye). Remember **Six** Feet Under as well? The word corona is made out of **6** letters and Corona = **66** so the whole word combined represents the **666**. [They love their 6's](#) don't they? Remember how many times the current version of the Matrix itself has apparently been reset in the movie? A total of **6** times since its creation of course... Yet people would still rather be a coincidence theorist which I used to be a massive one myself to be honest.

Matrix came out in 1999 (999's flipped would give out **666**) but there were other interesting movies that came out in 1999 such as; The Thirteenth Floor, eXistenZ and Revelation 1999 movies which are all about being trapped in a simulation. The game "Superman 1999" which is also about beings being trapped in a virtual reality machine and it also came out in 1999. The X-Files Episode Monday that came out in 1999 is also interesting as it's about being forced to

relive a horrible day that the lead seems to be stuck in. Lastly Persona 2 Duology games ([Innocent Sin](#) and [Eternal Punishment](#)) one of which came out in 1999 also has an interesting plots.

If you watch the movie Dark City which came out one year before the Matrix, you'll see how they majorly expose the mind-wipe/reincarnation aspect of things. Also make sure to watch "[The Matrix vs. Dark City](#)" video on YouTube to get your mind blown even further as it's definitely not a coincidence that there are so many similarities in both movies. There is also a great theory on how [Dark City is actually the first Matrix movie](#) which I agree with and in the Dark City movie, they expose our powerful creative powers as well.

Some interesting quotes about the number **666**:

"For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD..." - Isaiah **66** in Chapter **66** of the **66th** book of the Bible which is the final book of Christian Bible known as Revelation. Also called the Apocalypse of John and John = 20 in two different cyphers of gematria (2020). Math = **66** in Reverse Simple English/Original gematria cypher, and of course, the New Testament begins with the Book of Matthew.

"the weight of gold which Solomon received every year was **666** talents of gold, besides what came from tradesmen, from the traffic of the merchants, and from all the kings of Arabia and the governors of the regions." 1 Kings 10:14

"The number **666** relates to the carbon atom and man. Carbon-12; one of 5 elements in the human DNA is composed of **6** protons, **6** electrons and **6** neutrons, which equates to **666**. Carbon-12 is the most abundant of the two stable isotopes of the element carbon, accounting for 98.89% of carbon. Its abundance is due to the Triple-alpha process by which it is created in stars, and as Carl Sagan had once said, "we're made of star stuff." When the **666** of Carbon is combined with the elements above and mixed with Lucifer, AKA Phosp-Horus, we get a combination or reaction of chemical elements that form DNA and RNA. This magical God-given chemical-code carrier is the very code for all life, and of course, it is the number of a man; his number is **6** neutrons, **6** protons, and **6** electrons. Combined with Carbon, forms our very material reality, or what some may call, the Matrix." [\[Source\]](#)

Revelations 13:16 "And he causes all, the small and the great, and the rich and the poor, and the free men and the slaves, to be given a mark on their right hand or on their forehead."
(NASA: Number of men, Bible: Number of A man).

Now let's talk about the scientific examples of the **666** which are plenty as I've came to find out from this [Reddit post](#) where the post creator gave **33** examples of **666** from science and just like Kennedy and Lincoln examples, we are basically talking about an insane amount of statistical rarity here for there to be this many examples with **666** coded into them.

I've already mentioned how the earth's axis/orbital inclination around the sun is **66.6** degrees but check out the rest of these examples:

The Earth Orbits the Sun at **66,600** Miles Per Hour

The Earth's Circumference is **600x6x6** Nautical Miles

The Speed of Sound is **666** Knots Per Second

The Force of Gravity on Earth is **666** Newtons

The Curvature of a Square Mile is **.666** Feet... in 10 Miles: **66.6** Ft... in 20 Miles: **266.6** Ft... 40M: **1,066.6** Ft... 50M: **1,666** Ft... 70M: **3,266.6** Ft... 80M: **4,266.6** Ft... 100M: **6,666.6**Ft... The Heliocentric Curvature Math is Based on **666**

The Arctic & Antarctic Circles are at exactly **66.6°**

Astro-Not Peggy Whitson Spent **666** Days in Space

The Distance to the Moon is **6 x 60 x 666** Miles

The Diameter of the Moon is **6 x 6 x 60** Miles

Sunset is Divided by 3 Degrees (**6° + 6° + 6°**) aka: "Civil, Nautical, and Astronomical Twilight"

From Mercury, the Sun is **666** Times Brighter, Using the Inverse Square Law

Venus is 464° Celsius or 867° Fahrenheit (The Median of These Two Numbers: **666**)

Mars is at **1.666** AU (Astronomical Units) from the sun at Aphelion

Ceres (Classified as a Dwarf Planet in the Asteroid Belt) Has a **466.6** Day Synodic Period

The Comet Shoemaker Levy Collided with Jupiter, Traveling at **6 x 6 x 6 x 1000** Kilometers Per Hour

Saturn's Orbital Distance is 1,426,**666**,422 Kilometers or 9.54 AU

The Surface Temperature of Uranus is: **-6x6x6°**

The Surface Temperature of Neptune is: **-6x6x6°**

Pluto's Orbital Velocity is **4.666** Kilometers Per Second

NASA's Budget is \$18 Billion (**6+6+6**)

The Speed of Light is 670,616,629 MPH. The Middle Number 616, Some have Claimed Is the Accurate Number of the Beast, instead of **666**. The Common Rounded Form... 670,000,000 x **.6 x .6 x .6** is also interesting... 144,720,000, because 144 and 72 are Important Biblical Numbers (144,000 Elect and 72 Steps of Jacob's Ladder to Heaven aka the Stars) 144 Cubits is 216 Feet (**6 x 6 x 6**)

Saturn's Hexagonal Pole is a **6**-sided, **6**-pointed Polygon Representing a Cube Containing **6** Triangles (A Hex), and it is the **6th** planet

A Day is 23 Hours and 56 Minutes, but We Round it to **60** Seconds, **60** Minutes, and 24 Hours (& 2+4 in Numerology is **6**), Because Father Time is Saturn aka Cronos (or Crono-logy) the Greco-Roman God of Time, Chaos, and Death

Kepler's 3rd Law Calculates a Planet's Mean Distance from the Sun, giving the Planet's Orbital Period Raised to the Power of **.666666**

On the Globe model, the Distance from the Tip of South America, to the Tip of Africa, is **6,660** Kilometers

North America is **66.66°** Wide on a Globe - from The Furthest Tip to the Other (Key Largo, Florida, to Yesterday Island, Alaska)

Eurasia On the Globe Model, From the Lighthouse in Cape St. Vincent, Portugal, Straight Across to the other side of the land mass at the Haicang Bridge in China, **6,066** Nautical Miles

South America, on the Globular Map, From the Northern Most Point to the Southern Most Point, is **66.6°** Long, and the Line Passes directly Through the continent's Highest Peak, Mt. Aconcagua

On The Globular Map, Africa is **66.6°** Wide From its Western Most Point in Dakar to the Easternmost Projection of Somalia. Forming a perfect cross, it is **66.6°** High From its Southernmost Point to the Place Where the Line Running due North Hits the Mediterranean, near Benghazi

The Logos of Both Google's GPS system through Chrome and CERN, Both of Which Work With NASA, We Find **666** hidden in plain sight

Switzerland Company Maxon Motors Provided the Electrodrives that Power NASA's Spirit and Opportunity Rovers on Mars. You can contact them at +41 (41) **666** 15 00 by phone or +41 (41) **666** 16 16 by Fax

What do think science is trying to tell us with all of these **666** examples? Please ask yourself honestly, could all of these **666** examples be just simple coincidences? What about the other **666** examples that I've mentioned before?

When I was a super materialistic agnostic atheist for 15 years, I was the biggest coincidence theorist out there but I feel like even my old self who was the biggest follower of the modern science religion would be weirded out by all of these **666** examples. I believe all of these examples are there not as a coincidence and that they are hinting at the fact that **"this is the bad place!"** and that these examples are perfectly fitting considering the hellish world we find ourselves in as I presented in the second chapter with so many unnecessary evil examples that I've used. I mean how many more examples would one need to see to realize that there is something sketchy going on here? When is enough is enough? When will we get the hint? I believe all of these hints are carefully structured, placed and coded into our simulation by the AI hive mind that's running this place which is something I'll talk more about later on in the book. Also, when I say AI hive mind, I am just using that term as the best fitting analogy of what kind of an automated and scripted system I think we are dealing with here but of course the kind of place we are in and the thing that's controlling it can't really just be summarized by saying it's all artificial intelligence since the real thing is probably much more complex than that and we'll touch on this more later on as well.

Proving How Scripted Our Reality is by Using Conspiracies

For those who don't know, [Event 201](#) was hosted by The Johns Hopkins Center for Health Security in partnership with the World Economic Forum and the Bill and Melinda Gates Foundation which is located in Seattle, Washington where the first Covid-19 case outside of mainland China was found on January **21**, 2020 which was the simulation of **coronavirus** (yes you heard that right) that they did in October 18, 2019 and they wrote about the **201** simulation in [this article](#) in December 2019, weeks before Covid-19 came into the scene. Let's also not forget that 2019 Military World Games began in Wuhan the same day as Event **201** on [October 18, 2019](#) which is not a coincidence of course.

It's also important to remember that Bill Gates appeared in two Netflix documentaries **predicting** a coronavirus outbreak (or rather playing out the pre-written script), first one being 'The Next Pandemic', which debuted November 7, 2019, and then the Pandemic, which debuted January 22, 2020, **JUST one day** after the first case was found in the U.S., in Seattle, Washington, which is again the home of the Bill and Melinda Gates Foundation, an organization that has a [massive financial interest](#) and investment in vaccines. Still think this is all just coincidences? Let's continue then:

Interestingly, there is this claim that [adrenochrome](#) is "the elites' favorite drug" [which was portrayed](#) in the Fear and Loathing in Las Vegas movie, and it's interesting that it is apparently sourced from the [Wuhan Corp](#) and the so called adrenochrome was even talked about in a [Turkish news](#) channel. The adrenochrome could also be compared to the so-called loosh that Robert Monroe talked about in his third book Far Journeys (in chapter 12 as narrated in [this video](#)) and adrenochrome's symbol is interestingly a white rabbit is also interesting: [\[1\]](#) and [\[2\]](#).

[The August bombings&burning buildings](#) that occurred in the first 10 days of August 2020 are also interesting as not only many food ports were bombed but also a place in Wuhan. Also look into the Wuhan&[Resident Evil](#) game [connection](#) for covid-19 predictive programming and for more creepy covid-19 predictive programming examples, make sure to check out [Tom Clancy's The Division game](#), Tom Clancy's [Elite Squad phone game](#), [this video](#) from It's Always Sunny in Philadelphia, and last but not least, this [insane episode of Project Runway](#) and [the gematria behind it](#). Also [check out this video](#) where "they" show you how they plan things years in advance which shows the scripted nature of our reality.

For those who don't know, QAnon is a "conspiracy movement" (note that the word conspiracy was [invented by CIA](#) after Kennedy's assassination) who believes there is a deep state plot, slowly being exposed online by an anonymous leader named Q since 2017, via the help of Donald Trump (who is [definitely a NWO puppet](#)) as the protagonist breaking up a sprawling [child trafficking ring](#) run by the secret societies. This movement ([a complete psyop](#)) has grown very fast over the years that we could see [so many people wearing Q t-shirts](#) in Trump's rallies, and there are just [many examples](#) of Q posting a threat mentioning Trump will say some specific words in his next speech, and Trump goes ahead and actually says them on his speeches and twitter posts to make everything Q say more credible. Of course, this is an organized collaborated drama show by the AI hive mind but we'll get to that.

Trump even pointed to people with Q t-shirts deliberately in some of his rallies to make the Q people more existed while he lied to the media that he doesn't know much about the Q

movement, and the media lied to the people saying Q is totally bogus and they even banned all of the QAnon channels with hundreds of thousands of subscribers on all the social media platforms on October of 2020 to create a bigger drama. In reality, [Q is there for people who are half-woke to keep them that way](#) so that they can never see what's really going on behind the scenes. Q has been saying for years that the pedophile elites will be thrown in prison in no time and that many of them are in house arrest already, but clearly, they have been lying for years by telling people to just wait and trust the plan, and most of the people still believe them to this day.

Anonymous is also another word for 'unknown,' and it's interesting how QAnon sounds like Q-unknown. QAnon often shares cryptic riddles that people decipher, and this is probably because Q is actually a Quantum supercomputer AI which once again proves my AI hive mind theory (check out IBM's new quantum computer named [Q System One](#) and IBM has partnership with **Oracle**) but the best thing that QAnon ever did was to bring attention to important overlooked issues, as well as bringing some attention to the secret language that our system operate by, which is Gematria/numerology. There is something else with the name just "Q" which has appeared in a famous show that is packed with deep messages about our reality; In Star Trek the Next Generation, [there was an extra-dimensional being](#) of unknown origin who possesses immeasurable power over time, space, the laws of physics, and reality itself, being capable of altering it to his whim and we meet with this character in the very first episode of the whole show. If this doesn't show how much of a planned-out reality we live in, then I suggest continuing to read the rest of this chapter as the mysterious "coincidences" have just begun...

Now I am sure many of you know about the significance of the white rabbit symbology due to the movies like Matrix and Alice in Wonderland. It's interesting to note that Donald Trump and his overlords also trolled Qanon'ers [with a white rabbit](#) to make them think Q is legit as after Q posted about a white rabbit connection and mentioned how Trump would say "Tippy top" in his next speech, Trump did end up saying that and Qanon'ers were all super charged to believe in everything else the Q threw at them. The Q people also gained more patience to wait for "elites to be prisoned" even though nothing happened just like nothing has happened for years beforehand.

The [Spars Pandemic Exercise](#) also proves how the whole co(n)vid-19 pandemic was planned before. They even named their exercise made-up virus name as SPARS-CoV which is pretty close to SARS-CoV-2. I mean, how obvious do "they" need to get? This exercise also "predicted" the exact percentage of actual deaths that was caused by the virus, which CDC reported as 6% three years after this exercise. Of course, all of a sudden, there was no such a thing as flu for years now and so many of different kind of deaths were declared as covid deaths to keep the numbers high to scare more people into submission. Many other things that were mentioned on the Spars Pandemic exercise became our reality later on as if everything was scripted and these pandemic exercise "coincidences" does not even end here;

Another mind-blowing info is the Rockefeller Foundation paper, which came out in 2010, and it [predicted basically everything](#) that happened regarding the pandemic. Supposedly like the Mayans prediction, their simulation was predicted for 2012 but everything they said came true for 2020. Another thing to note would be the IBM Blue Gene/Q Supercomputer [announcement](#) that was done in 2012 by New York Governor Andrew Cuomo ([a Jesuit](#)) who was responsible for the [6200 covid deaths](#) in Nursing Homes by placing covid patients into nursing homes which is what common sense would tell to be the last place on earth those people should be placed at. I guess the fake full hospitals were too full... You may remember how Andrew's brother Chris Cuomo acted as if he had the %99.9 recovery rated deadly covid-19 before and later on he got caught outside his home where he was not even wearing a mask while he was fake

quarantining and he also almost got into a fight with somebody while he was preaching that you can kill someone for not wearing a mask and he got caught outside again after that incident as well. It's also interesting how the Blue Gene/Q system simulated the distribution of matter in our universe [as a cube](#) considering everything else we know about the cube as I shared on [this picture album](#). This cube connection by itself I believe shows how we live in a scripted reality and a prison as well.

When it comes to the other scripts of our reality, check out what Nostradamus apparently said:

"Nostradamus wrote in the year 1551 this! There will be a twin year (2020) from which will arise a queen (corona) who will come from the east (China) and who will spread a plague (virus) in the darkness of night, on a country with 7 hills (Italy) and will transform the twilight of men into dust (death), to destroy and ruin the world. It will be the end of the world economy as you know it." - [\[Source\]](#)

It's clear that we are playing out a major script and you may be more convinced of that after you finish this chapter if you aren't convinced yet.

Let's not forget about the "Dark Winter" that [Joe Biden mentioned](#) in his debate with Trump since "Dark Winter" is a government bioterrorism exercise that was held at Andrews Air Force Base on June 22-23, 2001. It discusses a smallpox pandemic that exactly mirrors covid-19. ["Dark Winter not only predicted the 2001 anthrax attacks, but some of its participants had clear foreknowledge of those attacks."](#) That June **2001** exercise, known as "Dark Winter," also predicted many aspects of government pandemic response that would later re-emerge in last October's simulation "Event **201**," which once again predicted a global pandemic caused by a novel Coronavirus just weeks before the Covid-19 outbreak as mentioned before. In addition, the U.S. government would lead its own multi-part series of pandemic simulations, called "Crimson Contagion," that would also predict aspects of the Covid-19 outbreak and government response." Search: ["Operation Dark Winter"](#) for more info on this.

Now we already know about Tom Hanks and his wife Rita Wilson testing positive for coronavirus which managed to scare the world and to make everything more credible just like they suggested in the [Simpsons](#). The movie Inferno, which involves a plot about a billionaire who wants to depopulate the world with a virus ([reminds me of Bill Gates](#) for [some reason](#)), well Tom Hanks was the main character of that movie as well. When it comes to the scripted predictions done by Simpsons any of you know that [Simpsons also predicted](#) the mass of the Higgs Boson 14 years before CERN did?

When it comes to the cryptic songs, United Nation's SUPER creepy ["New World Order Rising"](#) song is interesting, especially considering their briefly online [New World Order website](#). Btw, if you don't know much about The New World Order and their Order Out of Chaos method, then please check out [this amazing video](#), as the warning [signs have been everywhere](#)! This [short animation](#) should also be very enlightening.

There are just so many Movies&TV Shows where the main character slowly remembers the things s/he forgot like how the majority of people forgot about their [reincarnation](#). Everything around us almost seem like they are all trying to wake us up via hiding the truth in plain sight. After I woke up to the soul trap and us being godly beings, most of the songs started to change their meaning. For example, go ahead and listen the **Evanescence - Bring Me to Life** again and tell me that song is not about the topic of this book. I think even the most listened music of Eminem and Rihanna "Love The Way You Lie", they are actually talking about the relationship between our Avatar bodies and our "soul" (or rather spirit) as well.

When it comes to "New World Order" related songs, "[WOLFEN – New World Order](#)" song from the album "Rise Of The Lycans" and the "[Slipknot – Gematia \(The Killing Name\)](#)" songs are interesting, as well as [Madonna's Quavo - Eurovision Song](#). Queen's Bohemian Rhapsody song is also interesting and if you check Eminem's Not Afraid music clip, Rap God clip, Venom clip, Fall clip, Lose Yourself clip and probably many other of his clips&songs, there are just so many interesting messages that relates to our reality. It's not just Eminem either, these messages are EVERYWHERE once you truly wake up to the spiritual aspect of things.

[The World Economic Forum's "The Great Reset" videos](#) are also interesting as the founder keep saying in his Nazi accent "WE NEED A GREAT RESET!". Also note that Donald Trump spoke at the World Economic Forum on January 21, 2020, same day as the first Covid-19 case was found in the USA. Even [The Royal Family is all about the great reset](#). They even show [hitting the "RESET" button](#) on the keyboard after they show the text "Our systems need a reset" which hints to us living in a simulation as well. Even Canada's prime minister [Justin Trudeau talked about the reset](#) and even mentioned the Agenda 2030 (formally known as [Agenda 21](#)) I mean, how much more obvious they need to get before people realize there is something going on here. Lastly, you may be interested to Ontario health official [getting caught on a hot mic](#) stating "I just say whatever they write down for me" at Ontario Health CV19 News and to this, Ontario's top doctor and Chief Medical Officer of Health Dr. David Williams responds, "That's funny. Yeah same." which is also another example of the scripted reality. The whole lockdown pandemic narrative was basically played out in the V for Vendetta movie as well. This news "[World Bank Launches First-Ever Pandemic Bonds to Support \\$500 Million Pandemic Emergency Financing Facility](#)" from June 28, 2017 is very interesting since the only reason they would do bonds for a pandemic is if they thought they were going to be able to make a lot of money off of pandemic sometime in the near future. I've heard this from Anonymous Official's [video](#) (another controlled group like QAnon of course) who have been making a lot of videos about the aliens and UFOs to their 3.4 million subscribers.

It's also interesting how Bill Gates whose parents were [huge eugenists](#) came up with the [060606](#) patented [chip](#) which is about using our body energy to create digital coins but he also has [his fingers](#) on basically everything that has to do with this virus to make everything more obvious. Remember the time he [allegedly paralyzed](#) near five hundred thousand kids in India with his vaccines? Considering how he was responsible for creating [one of the first computer viruses](#) and five years later found Microsoft and fast-forward to now where the world supposedly has this virus, and sometimes the best solution is to do a factory reset at the end of the day. There is a reason why [Bill Gates Funded the creation of a vaccine passport years before the covid pandemic](#)! Can you not see the script?

Interestingly, the covid-19 vaccine had Luciferase in them [for some reason](#)... What [this whistleblower has to say](#) about the vaccine at the time was another thing that was interesting. Also check out [the symbols the first airline to require vaccination passports](#) have used in the past. Coincidence again? Have you heard about the Freedom Passes that people have been warning for a long time as well? It's also interesting to note that Pope Francis is not only the first pope from America but he is the first openly [Jesuit pope](#) to command the Catholic Church's highest office. As you may also know, Dr. Fauci ([just another fictional character in this actor based reality](#)) who has served under **six** US presidents is a Jesuit and he gave \$3.7 million dollars to the [Wuhan Lab](#) and he is getting \$100 million in funding from Bill Gates for vaccine research. This theory was told to be too tin-foil hatish and then they changed the narrative to this to make people more scared of the virus. Anthony Fauci was also the [first guess of Bill Gates' new podcast](#) as well. In case you haven't seen it, [this picture](#) of Dr. Fauci with George Soros, Bill Gates Sr. and David Rockefeller may be of interest to you. [Jesuit educated](#) Anthony

Fauci who attended Holy Cross, was speaking at Georgetown University, the oldest Jesuit university in the United States, when he revealed that the [next president WILL face a surprise outbreak/pandemic](#) (with a threatening manner I may add), and the [Jesuit educated](#) Donald Trump, who attended Fordham University has indeed faced a pandemic. Do you see the script now? If not, you may as well go back watching mainstream media.

Donald Trump blamed Anthony Fauci for the poor coronavirus response by the federal government on July 11th, 2020, the 201st gematria day of Anthony Fauci's age, and then he blamed Fauci again on July 19th, the 201st day of 2020 but people somehow still believe Trump is not part of the system, doing what he is told and playing his role while the QAnon'ers are ignoring the ten different pictures of him with Jeffrey Epstein and Ghislaine Maxwell as I've exposed on this [picture album](#). The Q people always ignored him constantly talking about [deploying his warp speed produced vaccine](#) via the United States army. Of course, both Trump and Biden are just the different sides of the same coin since they are just actors (NPCs) and do as they are told according to the script that was written for them probably long-long time ago.

"He's very good about not overpromising," [Gates said](#) of Fauci in 2018 as Gates worked on a universal flu vaccine. [NIAID Council minutes from 2019](#) show Fauci's agency identifying a Gates Foundation workshop as being of interest. Gates [met with Fauci in 2017](#) "to discuss research opportunities in global health." In 2010, Fauci was named [to the Leadership Council of the "Decade of Vaccines" Collaboration](#), which the World Health Organization, Fauci's agency NIAID, UNICEF, and the Bill and Melinda Gates Foundation convened. Fauci [delivered a keynote opening address on "The Challenge of Pandemic Preparedness"](#) in Washington, D.C. at the October 2, 2017 Grand Challenges meeting, which is [a project of the Bill and Melinda Gates Foundation](#). They hung out together in 2018 at an [NIH workshop](#). [\[sources\]](#) In addition, Seattle University is one of 27 Jesuit schools in the U.S and Bill and Melinda Gates not only operate out of Seattle, but they have also been [building Jesuit schools](#) all over America.

There is also the number 42 (21*2) that is very important to the occult and its associated with vaccines which I talked about on [this document](#). The covid-19 vaccine is [PROVEN to be a bioweapon](#) and that even in the Western Australian Government's website, [they name this experimental vaccine as poison](#), as can directly be seen [on their website](#). Also check out [this interesting](#) Conspiracy Theory episode with Jesse Ventura from 2009 regarding plandemic and vaccines, as well as [this](#) and [this](#) massive predictive programming videos. [This video](#) of 5 doctors talking about the vaccine is also interesting, as well as [this documentary](#). Just PLEASE at least [be informed about the side effects of it](#) (that seem to be deliberately being hidden from mainstream news) before making a potential life changing decision. Also, look into the PCR test swaps as well. ([link0](#), [link1](#), [link2](#), [link3](#), [link4](#)) If I were to guess, New Zealand will be the first developed country to make the vaccine mandatory for all of its citizens in the future as I [explained in this document](#), if&when they bring back the plandemic. It's also important to know that there are apparently doctor reports from the Spanish Flu pandemic claiming that the [vaccines they did started the pandemic](#). Also, if you were to [look into the history of Swine Flu of 1976](#), you'll find many interesting similarities with the Swine Flu shots and covid shots. [This is a great summary video](#) about these vaccines as well.

There has been a lot of indicators showing that black goo / nanobots being an issue. [\[1\]](#), [\[2\]](#), [\[3\]](#), [\[4\]](#), [\[5\]](#), [\[6\]](#), [\[7\]](#) and that nanobots seem to be [in the covid vaccines](#).

They are also claimed to be in some food like [meat](#), in the [masks and test kits](#), in [hand sanitizers](#), in [chemtrails](#), in the [rainwater](#), on the [beaches](#), in [water supply](#), and in some [supplements](#).

Some researchers [claimed that](#) with a combination of NAC + Zink, they were able to clear all the nanobots from one's system in 15 days even after people got two covid jabs. Now I am skeptical of this and I'd hate to fear monger about anything but I just thought I'd share this just in case.

When it comes to resets, Movies&TV Shows&Games&Music have a lot of hints relating to some kind of Plasma Event which may bring the reset as we see [a lot of hints of a "Plasma Reset"](#) and you can see the countless "Plasma Reset" related messages these playlists on here: ([this](#), [this](#), and [this](#)). In the bible it's known as the Revelations and rapture, in The Norse it's Ragnarok, The Hindu call it Kali Yuga, The Hopi call it the Blue star kachina prophecy, The Mayans had the Apocalypse calendar. The academics call it global warming, solar flares, pole shift and alternate academics calls it the electric universe, thunderbolts, purple dawn. The new age calls it the shift to the golden age, Age of Aquarius, 5D shift. The movie [The Dark Crystal mentioned the great conjunction](#). In the Witcher it's known as the Cataclysm of the spheres. In the Thor The Dark World it was the convergence. In the Raising Dion it was known as the Iceland aurora event and in Gravity Falls it was known as the Weirdmageddon. As Bob Marley put it wisely though, [don't worry about a thing, cause every little thing gonna be alright](#). I believe that all of these reset apocalypse messages are interesting but there have been many predictions about them and none of them came true. However, it may be that in the script of our world, they may come a time for a reset and this is why paying attention to the rest of the stuff I'll share in my book is also important.



"Who controls the past controls the future: who controls the present controls the past." **George Orwell '1984' (1949)**

"Everything faded into mist. the past was erased, the erasure was forgotten, the lie became the truth." - **George Orwell '1984' (1949)**



Adam Lewington

2h · 🌐

...

THE GREAT RESET.

DO YOU SEE WHICH PART THEY ARE REMOVING FROM THE MAP? WEST AFRICA.

DO YOU NOTICE THAT THE BLACK SKINNED PEOPLE ARE LOOKING AWAY FROM AFRICA?

THE CHILD IS PARENTLESS.

THE ONES THAT FIND SOLITUDE IN EACH OTHER ARE AT THE BOTTOM OF THE LADDER.

DOES IT MEAN ANYTHING TO YOU?

DO YOU NOTICE THAT THE STEPS THEY ARE TAKING TO GET THERE ARE YELLOW? THE INTERNATIONAL COLOUR FOR WARNING.

YOU HAVE BEEN WARNED. ARE YOU LISTENING?

HAVE YOU RESEARCHED THE UNITED NATIONS AGENDA 2030?

DO THEY STATE 'AGENDA 2030' WILL COMMENCE IN 2020? THEY DO.

DO YOU SEE WITH EYES WIDE OPEN OR WILL YOU FALL WITH EYES WIDE SHUT?



I'll talk more about my ideas on the great reset near the end of the next chapter.

To continue a bit more on my rant on the plandemic; remember the 2019 reports on how we'll have the worst flu in 2020 and 2021 (a bad flu year usually kills around 600.000 people and makes 6 million people very sick over the world), but when 2020 began, all the deaths from flu, cancer, diabetes, heart disease etc. went down, and covid deaths started to increase. This [massive Facebook album should be enough to explain how that happened](#) along with the fact that hospitals in the US are getting paid a lot of money when they declare they have a covid patient and get even more money when they put the patients on ICU beds and when they die as well which over %90 of ICU patients die as far as my research goes, feel free to look into that yourself, but I'd recommend using DuckDuckGo, Brave or Yandex search engines over Google for obvious reasons. [What this nurse has said](#) is also very interesting.

Another good question would be to ask if the masks work, why the 6 feet rule and if the 6 feet rule works, why the masks and if both works then why the lockdowns? There were [videos that came out of Sweden](#) vloggers [everyday](#) showing how basically nobody wore any masks and people were just continuing to live their lives as normal but somehow that supposedly didn't apply to the rest of the world. We already had all the 14 recent studies on masks, including a meta-analysis, showing that the masks not only don't work against this virus but they actually hurt people as renowned Professor [Dr. Denis G. Rancourt, PhD](#) explains in [this video](#) and in this [article](#), as well as [this article](#) he wrote later on. However, the majority of the governments still want people to put their muzzles on when even the box of many masks mention how they don't protect us against the covid-19. Not to mention the lack of oxygen, inhaling your own carbon dioxide and the bad bacteria build up and the artificial colors on the masks that people inhale every day without cleaning their masks, as well as stopping the germ transfers that we naturally do with each other which keeps our immune system high. Even Stanford University did a peer-reviewed study on masks showing how much they hurt people as explained in this [short video](#).



Lastly, it's very important to note that all human beings share a very important common thing when it comes to being fearful, one thing that scientifically scares all humans, including the fearless brain-damaged and disordered patients who are not supposed to feel any fear, and that happens when the oxygen in the body is lowered, and the carbon dioxide is increased as discussed in [this video](#) and that's exactly what they managed with the masks while also pumping up the fear from TV and combined with the stress of people losing their jobs, increased radiation coming from everywhere with the new 5G technology and other things, no wonder if more people than usual would get sick as well. According to scientific documents, increased radiation causes [flu-like symptoms](#) and [suppresses immune system](#) after all. The high radiation that's coming from the 5G towers is continuously proven by the Youtuber [National Citizens Alliance](#) and it's no wonder how even the [birds](#) hate these towers. Make sure to check these two articles on 5G as well: [link1](#), [link2](#). Also, I'd recommend checking out the part of [this article](#) where it says "A security officer in Wuhan collapses and goes into convulsions, as do other victims of Coronavirus." in which they show a video of a perfectly healthy-looking security officer basically getting zapped. It's very interesting how we never saw the scenes of people falling down due to the virus like we saw in Wuhan before. Apparently, Wuhan was either the first or one of the first cities where 5G is implemented which is another interesting fact.

Let's talk about some more scripted gematria that applies to our universe:

Firstly, I got credit where credit's due as I've learned the following connection and many other gematria connections that I've talked about in this e-book from the author, YouTuber and educator Zachary K. Hubbard whose YouTube channel has been banned for at least 20 times before. His books **Letters and Numbers** and especially **Number Games: 9/11 to Coronavirus** are great reads on the topic and I've also seen him share pdf versions or even real paperback copy versions of his books for free with others. I believe he clearly wants to spread the information on gematria to everyone who listens and I am glad dedicated truth seekers like him are out there.

Having said that, after being in the gematria community for a good while, I have to warn everyone that sports gematria betting is a dangerous path to go into which almost ruined my whole life and that was mostly my mistake but I'd advise against going into that or going into any kind of gambling period because whatever happens, often the house wins at the end the more you stick around in it considering all the manipulations involved from this whole system that we live in. I remember having a Patreon of over 5 different gematria sports betting decode channels before where many times most or all of them agreed on one team to win over the other based on gematria analysis and I've seen it many times that they ended up being wrong. I'd say it's still close to a 50-50 thing especially when the team's are matched fairly where the odds are 50-50 so please don't expect any gematria decoder to be right at any given game, even if they speak with full confidence and break down everything with so many details, and of course, don't ever bet anything that you are not willing to lose and I'd just say that, don't even get involved with gambling as the house always has the edge that often reflect in the long term and as being stuck in these human shells, our ability to think and act rationally at all times is not going to be there always especially when money is involved.

Another thing I need to point out is that by the time you finish reading my e-book, I believe&hope it will be evident to anyone that, just like the New Age communities, flat earth community, Mandela Effect community, Tartaria community, Mudfloods/reset community or basically any other conspiracy related communities other than the matrix reincarnation soul trap community, gematria community as a whole end up mostly behind a massive distraction topic that keeps people's focus within the deepest layers of the matrix. So far in the whole gematria

community, I've only ran into the YouTuber [Decode The Matrix](#) who has been exposing the matrix reincarnation soul trap topic by using gematria but %99+ of the whole community are what I would say "lost in the sauce" of matrix's mind games and distractions. I'll explain where I am coming from with everything that I am saying throughout the book but for now, let's get into the amazing connections Zach and other truth seekers in the gematria community has brought to us.

'President' sums to **110** with the simplest Cipher, the alphabetic order. With the same cipher, 'Osama bin Laden' also sums to **110**, and he is blamed for the demise of the **110** story Twin Towers. Another big boogie man from history, 'Adolf Hitler', also sums to **110** the same way, and his birthday was April 20th, the **110th** day of the year. Adding to the **110** list, and coming back to George Floyd, his death occurred in 'Minnesota', a state summing to **110** with Simple English. And once again, it was reported that a police officer knelt on his neck for 8 minutes and 46 seconds, similar to how Mohamed Atta reportedly crashed into the World Trade Center at **8:46** AM, local. For another, 'Dave Chappelle', the comedian with a name equating to **110** in Simple English, made a bit in tribute to George Floyd, titled **8:46**. To take it further, the name 'George Floyd' sums to 119 with Simple English Gematria, not unlike the way the majority of the world writes the date September **11th**, or **11/9**. Tying the events together even more closely, the Hollywood film Pearl Harbor released May 25, 2001, a span of **110** days from the **110** story World Trade Centers demise on September **11th**. This is similar to how the George Floyd murder pretrial begins September **11th**, a span of **110** days from his May 25, 2020 killing in 'Minnesota', equating to **110**. Also, Rockefeller = **110**, Martial Law = **110**, Melinda Gates = **110**, Covid Vaccine = **110**, Punisher = **110**, Pop Smoke = **110**.

Keep in mind that **110** => 0 removed makes it **11**, and **11** is considered as the Master Number, the most intuitive of all numbers. "This is because the digit 1 is the only number that divides into all numbers, corresponding with the belief that God is in all things, and God is the master of all things. The number **11** is also the first repdigit, meaning a number that is made up of the same repeating number (**11**, 222, 3333, 44444, etc. Plus, in numerology terms, when you repeat a number, you magnify its power." So, notice how **47** => 4 + 7 = **11**. As a side note, Vatican City in Italy was established on February **11**, 1929. It's also interesting how Trump keeps saying he has done more in **47** months than **47** years Joe Biden was in politics considering (in the most important four cyphers of gematria) President = **47**, Trump = **47**, White House = **47**, Government = **47**, Republican = **47**, Whig = **47**, Democrat = **47**, Authority = **47**, D.C = **47**, Beast = **47**, France = **47**, Vatican = **47**, Francis = **47**, Christian = **47**, Confession = **47**, Caesar = **47**, Donald Trump being in the 47 story Midtown Hilton Hotel the night of the rigged election, Obama becoming the president at the age of **47** alongside the **47th** Vice President Joe Biden who was at the center of the 'Ukraine' investigation, a nation summing to **47** with Reverse Pythagorean.

"It's also not an accident that Abraham Lincoln said, "**Four** score and **seven** years ago," or that the United States' birthday can be written **4/7**. Speaking of which, the masonic compass and square used by the Scottish Rite out of 'France', a nation summing to **47** with Simple English, is set at **47** degrees, in tribute to the **47th** Problem of Euclid, otherwise known as the Pythagorean Theorem. It is wise to note, Pythagoras is considered by some to be the first Freemason and the name 'Pythagoras' equates with 'Washington' in all four base ciphers, a perfect match. Try your skills out and see for yourself. Other words having logical relationships and perfect matches are plentiful, try 'witch' and 'broom', or 'judge' and 'gavel'. Speaking of which, the latter two sum to **47** using Simple English, and not by chance, Trump's first picked Supreme Court Justice, Neil Gorsuch, was confirmed on April 7, 2017, emphasis on **4/7**. As for the **47th**

Problem of Euclid, it symbolizes how to establish a perfectly square 'foundation', a word summing to **47** with reduction/Pythagorean Gematria. This pairs well with the fact that L'Enfant, the French Freemason, laid out D.C., the land of **47**, where the Washington Monument's cornerstone was also laid on July Fourth. To say a few more things about **47**, the reflection of **74**, the number we started with --- in Hebrew, the word 'Elohim' sums to **47**. This is a common name for God of the Old Testament. This factors in with how the name God can be written G-d, the **7th** letter and the **4th**. As was mentioned earlier, The Cabal is playing God with this knowledge, and not by chance, the title 'The Cabal' sums to **47** with Reverse Pythagorean. The Cabal = **47**." - Zachary K. Hubbard

When it comes to the reverse of **47**, meaning **74**, there are also tons of connections with that number as well but I've decided to keep that information in [this Google document](#) to keep this chapter shorter to not bore people.

Also number **56** is another important number (Again, keep in mind that **56** => 5 + 6 = **11** the Master Number again) when it comes to coronavirus since Coronavirus = **56**, Covid Vaccine = **56**, [Mind Control](#) = **56**, Toilet Paper = **56**, Anthony Fauci = **56**, Fratelli Tutti = **56**, Gavin Newsom = **56**, Society of Jesus = **56**, Washington D.C. = **56**, Paris, France = **56**, National Guard = **56**, Unemployment = **56**, Chris Cuomo = **56**, Black Lives Matter = **56**, Civil War = **56**, Climate Change = **56**, Natural Disaster = **56**, Power Outage = **56**, Solemani = **56**, Corona Del Mar = **56**, Religious = **56**, Pope = **56**, Heru = **56**, Isis = **56**, Cult = **56**, Regeneron (The drug that "saved" Trump from covid-19) = **56** and Gov. Newsom saying in **56** days, [56% of California may get coronavirus](#) (just pumping the fear frequency) is also not a coincidence since Gavin Newsom = **56** and he warned against a Food Shortage = **56**. Maggie Keenan's name equals **56** and she was the first person to get the vaccine and the second person to get the vaccine was [none other than William Shakespeare](#) just to show the open minded real spirits how scripted things are :) On March 16, 2020, Moderna's trial vaccine began in Seattle, the **56th** day since confirmation of the virus on January **21st**. (first case of covid-19 in the US and Paul Allen's birthday as noted before.) The World Health Organization said that heat at **56°C** [kills the SARS coronavirus](#). **56** D.C. Metro Police [injured on January 6, 2021](#) Capitol Hill. Also [check out the number 56 on the sheep image](#) coming from Serta who made a Donald Trump commercial with the numbers **9** and **11**. Last but not least, check out this epic [predictive programming message of the coronavirus pandemic](#) they showed in 19**56**, as well as [this video](#) where they show the similarities between the methods of communist coercion via Biderman Report in 19**56** and the covid-19 regulations.

**"If you only knew the magnificence
of the 3, 6 and 9,
then you would have the key to the universe."**

- Nikola Tesla

If you only knew the magnificence of the 3, 6 and 9, then		The Key to the Universe					
	Match					Match	
Full Reduction		Full Reduction	Francis Bacon	Reverse Full Reduction	Reverse Francis Bacon	Jewish Reduction	Septenary
369		93	333	96	336	93	93
9		3	9	6	3	3	3

It seems to me that everything that has been happening with all the news are always about how scared we should be of everything. Remember the killer bees that were supposed to come from China and the brand new "deadly viruses" popping up everywhere all of a sudden. What about the news of potential deadly viruses to come from melting ice due to supposed Global Warming, and now it's all about the WW3 scares.

On a side note, I remember back in the day how I randomly wanted to watch just one mainstream news video on covid-19 that YouTube suggested me to watch, and I ended up watching [this video from CBC news](#), and they reported that 69,864 people hospitalized in US mentioning daily record tops numbers in 1st wave and then they said 11,038,312 known U.S cases since the pandemic began, mentioning 1 million of that added in last week. Well those numbers are quite hilarious since $69,864 = 6 + 9 + 8 + 6 + 4 = 33$ and $11,038,312 = 1 + 1 + 3 + 8 + 3 + 1 + 2 = 19$. I also saw the [UK record 33,470 cases news](#) around the time. **33** and **47** together, what a joke! How much will it take for people to wake up from the deep sleep they have been put through I wonder. I believe that the countless "Wake Up!" messages we see on all the movies and TV Shows are giving us a major clue on how much of a fake reality/Matrix we live in.

Btw, if you believe that we went to the moon, you'll be interested to hear Stanley Kubrick's [alleged testimony](#) soon before he passed away, admitting that he filmed the moon landing himself. Even the famous astronaut Buzz Aldrin himself [admitted in this video](#) that they didn't go to the moon. In Hebrew, [Nasa](#) means 'to deceive' for a reason. In NASA's Space X, they even [showed us a mouse "in space"](#) to make everything more evident for the public, but once again not many paid attention unfortunately. Also make sure to check out [these "Nasa fail compilation" videos](#) because they have messed up (on purpose) for so many times by now; it's just ridiculous how people still believe the lie that we went to the moon 53 years ago, but that because they destroyed the old technology for some reason, it would somehow take so much time for them to recreate the technology they created 53 year ago, and that this is their excuse on why they don't go to the moon again which is such a hilarious lie that it's hard to believe how majority of the people still buy into it. Interestingly, the US apparently went to the moon on the **201st** (Hint: Event **201**) day of 1969 and they returned back 5 days later on July **21st, 1969**, thanks to the help of Apollo **11** (that master number again...) The year **1969** is also interesting since Catholic Church = **69**, New World Order = **69**, The Jesuit Order = **69**, and Saturn = **69**.

The following is the opening paragraph of Zachary K. Hubbard's **Number Games** book which goes into the number **77**:

"Should you read this book? If you think it is interesting that on September 11, 2001, Flight **77** reportedly hit the **77**-foot-tall Pentagon, in Washington D.C. on the **77th** Meridian West, after taking off at 8:20 AM and crashing at 9:37 AM, **77** minutes later, then this book is for you. Furthermore, if you can comprehend that there is a code of numbers behind the letters of the English language, as simple as A, B, C is 1, 2, 3, and using this code reveals that phrases and names such as 'September Eleventh', 'World Trade Center' and 'Order From Chaos' equate to **77**, this book is definitely for you. And please know, these are all facts, just the same as it is a fact that Pentagon construction began September 11, 1941, just prior to Pearl Harbor." - Zachary K. Hubbard

In Bible, that begins with Genesis, God supposedly speaks the world into existence over the course of six numbered days, before resting on the **seventh** day and making it holy. Notice how

the word God, Genesis, Geometry and Gematria begin with 'G', the **7th** letter of the English alphabet.

Even the Managing Director of the International Monetary Fund, Christine Lagarde, [has tried to educate the public](#) on the numerological importance of the number **7** and gematria in her speech [at The National Press Club](#). She even said *"This is coded language. not everyone knows about this."* She gave her speech in January of 2014, and she mentioned 2014 in the context of 2014 (drop the zero as you do in gematria) = $2 + 1 + 4 = 7$, and soon after that, she also said, "after those **seven** miserable years" which references the "**seven** years of suffering" before the apocalypse based on the final book of the New Testament, Book of Revelation (Tribulation Period) and including the year 2014, **seven** years after the beginning of 2014 would give us 2020 (2014-15-16-17-18-19-20) which is interesting of course since that's mostly when the chaos with the pandemic kicked off.

So I'd like to end this numerology talk with this interesting number which is known as a sacred number, and most people's favourite& lucky number. Having all of this information in mind, now please look at just how many examples we have here regarding the number **7**:

Seven days, **Seven** continents, **Seven** colours of the rainbow, **Seven** visible planets, **Seven** chakras, **Seven** valleys, **Seven** hills, **Seven** hermetic principles, **Seven** sacred metals, **Seven** Creative Powers of the Godhead, **Seven** seas, **Seven** worlds, **Seven** gates of hell, **Seven** heavens, **Seven** churches of Asia (also known as **Seven** churches of Apocalypse), **Seven** laws, **Seven** years of suffering, **Seven** trumpet judgements, **Seven** bowl judgements, **Seven** deadly sins, **Seven** seals, **Seven** Wonders of the Ancient World, **Seven** headed dragon, **Seven** thunders, **Seven** root races, **Seven** ages of man, **Seven** stages of man, the **Seven** Sisters, **Seven** sacred mysteries, **Seven** gifts of the Holy Spirit, **Seven** Spirits of God, **Seven** Pillars of Wisdom, **Seven** stars from Revelation, **Seven** shepherds, **Seven** arts, **Seven** blessings, **Seven** virtues, **Seven** Sleepers, **7-11**, **Seven** rings from The Lord of the Rings etc. Considering the insane amount of similarities between Lincoln and Kennedy, it's also important to point out here that one of the similarities was how Kennedy was assassinated in car **7** made by **Ford** and Lincoln was assassinated in box **7** of **Ford's** Theater. Also remember the famous saying "What's in the box?" from the movie **Se7en** that everyone quotes? Interestingly, there is something else in the shape of a box that most of the people in the world worships to as I tried to show in [this picture album](#).

Now the main reason why I wanted to end this section with this example before I move on to the main topic of the book is because of the 2007 movie The Nines as it's an interesting movie that relates to many of the things I talk about in this book. (Spoiler alert) In the movie, they show the main character living three different lives where it's portrait as three different reincarnations of him. We see that he is lost in his lives due to his full mind-wipes like most of us are lost in this world thinking we are just humans. In the movie, he comes to find out the importance of the number nine and seven where later on he realizes that majority of the people are just **sevens** but that he is one of the nines (I'll talk more about this concept in the chapter about NPCs.) At the very end of the movie he ends up learning that he is a god who wanted to experience not being a god for a while and once he figures out that he is a god, he puts a stop to his reincarnations and he leaves the simulation. This is what I want to do myself when my time naturally comes but I believe that the reality of our situation is a bit different then this movie and that there is a lot of nefarious things going on that's stopping us from realizing that the real spirits in this world are actually very powerful creative beings that could best be described by the word god. With this book, I plan put a stop to the system's attempts of belittling us and

making us unaware of who we truly are. Now it's time to dive deeper into the matrix reincarnation soul trap topic where the truth will set us free.

A Perspective That the People Who Woke Up to Soul Trap Need to Know

[I have updated takes on things that I've written in this chapter that later when I can find the time I'll edit and reshare on Reddit.]

If you are new to the **matrix reincarnation soul trap** topic, then please first check out this [must-watch 8-episode video series](#) with Wayne Bush and Mark from Forever Conscious Research Channel, and then [this playlist](#) from Mark, as well as [this playlist](#) from Dan who runs the OverWatchProject [website](#). The website [TrickedByTheLight.com](#) by Wayne Bush and the Reddit channels [EscapingPrisonPlanet](#) and [ReincarnationTruth](#) are also highly recommended. Lastly, I'd also highly recommend checking out Howdie Mickoski's interviews on [here](#) and I'd recommend watching Jake from Souled Humans' videos on [here](#).

I'd recommend reading the rest of this article after learning about the soul trap from the sources I shared above but if you don't have the time for it and you'd like to get a great summary, then please check out these excellent two-part short documentary-style well edited introductory videos: [Part 1](#) and [Part 2](#), but please ignore the Wes Penre related information in the Part 2 video because of what I've talked about in the upcoming chapter "Issues with Wes Penre and Escaping from the Holes of the Grid Trap". You could also watch [this short summary 101 video](#) regarding soul trap, and/or [this video](#), and please watch [this video](#) to learn the dangers of spirit guides but when it comes to these last two videos, please note that I have plenty of issues with some of his takes on soul trap and other things which I'll talk about later in the section I wrote about him on the "A List of Conscious YouTubers I Recommend Following" chapter.

My whole book is basically about exposing why beliefs are dangerous since beliefs are the very things that get people deceived in the end. I think that all beliefs need to be gotten rid of and replaced with experiences and knowing if one wants to wake up from the matrix and stop the samsara of their reincarnation&amnesia loops. This is part of the reason why I **heavily** recommended learning lucid dreaming and astral projection but I'll explain in detail all of the reasons why I believe learning these skills are quite important throughout the book.

Nobody can claim anything with %100 certainty when talking about the afterlife unless they would want to sound like a lunatic. Because of this, we can only make our minds up by examining all of the data points to better understand the bigger picture and I have plenty of data points on my side.

In the chapter one, I've shown that there is so much strong evidence behind reincarnation and as mentioned before, we have plenty of near-death experience examples where it's estimated that around 200,000 people in the USA alone experience them every single year.

For those who are in the know, there are just so much evidence out there to realize how reincarnation (mind-wipe) is a soul trap. To prove this, we have thousands of NDEs where %95+ of people didn't want to come back but somehow are here and %30-50 felt like they were kind of forced to come back whereas %10-15 had a hell like an experience where most of the experiences seem like very carefully structured experiences to manipulate the person into coming back (please check out [what is written here](#) if you are skeptical about NDEs) but this is

just one piece of the huge evidence puzzle, since we have many other factors from different topics pointing to the soul trap being real as well.

Some of these are pre-birth memories/life between lives, astral projection/OBE [experiences](#), past life regressions, premonitions & death bed visions, shared death experiences, trip reports & altered states of consciousness experiences, deep meditation experiences, traumatic incident experiences, coma experiences, alien/abduction accounts, spiritually transformative experiences, [reincarnation evidence](#), after death communications, paranormal experiences, [numerology/gematria evidence](#), [astrology](#)/life-script evidence, [Saturn-cube connections](#), [music/movies/TV shows connections](#), white light at the end of the tunnel being a trap [connections](#), simulation theory [connections](#), human body design flaws [connections](#), English language [connections](#) (hell-o, good mourning!, fetus [feed-us], solar [soul lured] system), predator animals and fisherman [using the light as a trap](#) etc. and many of these are exposed by people who have investigated most of these things along with thousands of NDEs.

These are people like Mark from [Forever Conscious Research Channel](#) every single week on YouTube, as well as by Wayne Bush from [TrickedByTheLight.com](#) website and Dan from [OverWatchProject](#) channel and author Howdie Mickoski who recently wrote the book [Exit The Cave](#) (the only four people I trust on the soul trap topic/reality.) Even a medium and her conscious friend from [Tena & Karen](#) Youtube channel who together have done over 500 past life regressions also came to the same conclusion of reincarnation being a soul trap without even having heard of the soul trap topic before which is again not surprising based on all the evidence and indications we have on this subject. Calogero Grifasi is another regressionist and he has posted thousands of sessions with different clients from all over the world on his channel and these sessions [reveal](#) that Earth is NOT a "school" for our souls and that we are not here to learn anything. These sessions also reveal that we are here because we get tricked and/or coerced when we die by these beings and that these beings feed off of people's emotions (mainly the negative ones), which is why they potentially want us here on this planet.

As can be seen, when it comes to the data points, we got plenty to indicate the reincarnation soul trap seems to be what is closest to the truth. My own OBE experiences also showed me the deceptive nature behind our realm and after seeing all of the data points point to the same thing, it's only logical to not ignore the information and learn more about it to protect myself from a future mind-wipe/reincarnation because I don't want to lose my memories again, especially my current ones. So indeed, "waking up" is seeing all beliefs are false, but it's also about seeing all of the data points and not ignoring them based on petty new ager perspectives or the religion of science.

However, I find it important to point something else that's important to know when it comes to this topic:

Firstly, instead of dealing with multiple different entities and extraterritorial races, I believe we are dealing with some sort of artificial intelligence here. Considering everything we know about gematria like the number 33 I mentioned, or the insane amount of [statistically impossible similarities](#) between John F. Kennedy and Abraham Lincoln, it's clear to see some sort of script/programming is running on the background. However, there are just so much more suggestions to show we are dealing with an AI hive mind, for example; Mandela Effects, quantum physics, how rare eclipses are in the Universe, astrology/life scripts, synchronicities, automated readiness for everyone's death on NDEs, automated dream manipulations for billions of people, as well as automated OBE manipulations which I'll talk more about later on,

pre-birth memories/life between lives manipulations, premonitions & death bed vision manipulations, shared death experience manipulations, psychedelic experience manipulations, deep meditation experience manipulations, traumatic incident experience manipulations, coma experience manipulations, alien/abduction account manipulations, spiritually transformative experience manipulations, after death communication manipulations, past life regression manipulations, paranormal experience manipulations, just this whole timeline we are in where the super-fast growth of technological advancements are always being overtaken by AI, and most importantly simulation theory/matrix glitches and us basically being in a digital Metaverse, all goes to show that, us dealing with AI makes the most sense here.

Now comes the other side of the issue:

I think that all of these NDE stories, glitch in the matrix stories, channeler's stories, new age guru's stories, many astral travel stories, drug-induced stories and the "Super Soldier Program" stories etc. all goes to show how well Matrix/AI could mess with beings who don't know about their true powers, as well as the traps&deceptions of the inception of metaverse like matrixes we live in. It's incredible and sick how brilliant the system is when it comes to having limitless amounts of strategic deceptions that are all about keeping the "player" inside its system, all very well organized with automated systems that don't do any real mistakes unless "the mistakes" were all on purpose to trick its players further eventually down the line.

To me, it's now clear as day to see that this whole place is about making us have limiting beliefs like us being physical or powerless beings and at the same time, it's all about creating very carefully structured Metaverse/Universe characters such as aliens, reptilians, greys, incubus, succubus, astral spiders, boogy man, archons, Ra/[law of one](#), machine elves, Arcturians, shadow beings, gods, goddesses, Lyrans, Pledians, mother Gaia, Galactic Federation of Light, ("real") spirit guides, ("real") source god, Mahdi, Jesus etc. most if not all of whom I believe are just shapeshifting AI hive mind bots/NPCs of the system that AI uses in its outer **Metaverse/Universe** matrix planes. The AI just uses [NPCs here and over there](#) to keep on distracting us and it has [managed to trick most of the astral travellers](#) already, making them think they are dealing with countless different extraterrestrial beings and consciousnesses.

And this matrix system is also all about creating different stories like religions, sinning, karma, synchronicities/"angel" numbers and other saviour programs or whatever story&character the person is going to buy into to believe that there are more powerful beings than them out there, just as long as they buy into one or fear one. And most importantly they'll look to external sources to guide them and to save themselves instead of the internal limitless source. The same thing goes with the deception of their dead loved ones being real and waiting for them in the afterlife while it's the AI and it's shapeshifting NPC minions who do the waiting or rather automatically get activated when people's time comes.

The way I look at it is that we are in some kind of Metaverse where everything we learned came from the Metaverse. This Metaverse tried so hard to create a system where people would believe in bs things like religions, gods and things that came with them. Once one ignores these beliefs, the system has counter programs that are activated like atheism or new (c)ageism etc. I find these so-called entities as just manipulations of the new age religion that was carefully created by AI, just like it created all of the rest of the religions. I'd guess that most if not all of these so-called entities are just the same AI hive mind masquerading as them. The AI (surely) created the stories of angels and demons and then plays the roles of them, very simple yet effective and that's the way I see it. I think it's safer to assume that these entities are all AI

(distractions) and I'd recommend completely ignoring them even though I like engaging with them in my lucid dreams but I am slowly going away from that.

If you are a religious person who are reading this document right now, just like Gnosticss did, please consider that Allah, Christ or any other religion-based being or entity&god is controlled by the same being (demiurge/AI) playing both sides to trick people to eventually reincarnate them back here. In Christianity there are plenty of instances where a demon poses as an angel, and this isn't exclusive to Abrahamic faiths so one should really be aware of this possibility regardless of what they believe. One may not believe in reincarnation based on your religion but nobody can ignore the fact that there is a lot of strong evidence behind reincarnation as I presented in the first chapter of this book. Based on all the NDEs we see where they seem to be perfectly crafted according to the person's beliefs, one will most likely see the type of god they believe in on the afterlife. However, if what I talk about here is true which is backed by a lot of different data points, then you'll lose all of your sense of self&memories to get reincarnated/mind-wiped into another existence. Perhaps this time around, there will potentially be more suffering&evil involved where you may reincarnate into an even worse dystopian world which seems like where we are surely going in the future of our world.

All people like me are saying is that you should give yourself that alone time in the afterlife, blocking and ignoring all of the outside communications (manipulations) until getting all of your memories back from before the very first time you reincarnated into this earth. You don't have to rush into anywhere with anyone before you gather your memories back and if the Christ, Allah etc. you believe is benevolent, then they should happily give you that alone time for you to recompose®ather yourself into a state where you'll have a better mindset and pe`rspective to go from. After all, if you can't remember all of your memories and you are in a state of dazed, how are you meant to make the correct choices properly?

Once one understands the deceptions behind religions, the question of **"What if you are wrong?"** only truly applies to people like you because if you are wrong and people like Mark from [FCRC](#), [Wayne Bush](#) from [TrickedByTheLight.com](#) and [Dan](#) from [OverWatchProject.com](#) who investigated thousands of NDEs, pre-birth memories etc. are right, then you'll get lost in who knows how many more lifetimes feeding the system when you are so close to the crucial information that's shared on this sub in your current lifetime that if true, can finally help you to get back to your true genesis spirit self and take back your inner power&control instead of giving it away. It would be such a shame if you find out about the information I am sharing here and still willingly ignore all of it until the very end while thinking you are trying to save people like me from hell only to find yourself in a body in who knows what kind of a hellish situation with a total mind-wipe.

Along with making us believe in entities&gods, the system also loves us to think there are too many different alien races and entities out there, so much so that there must be some of them that are more powerful than us that we need to fear or obey etc. When it comes to people seeing ghosts and other entities with their eyes, this reminds me of people seeing auras after training their eyes for it or after they come back from an NDE experience etc. Because I think that we are basically in a digital Metaverse realm where our bodies are the haptic VR suits, I believe our bodies and our vision are prone to all kinds of hacks, manipulations, misdirections etc. We already know this from optical illusions and [hypnosis](#). Due to this, I think that many of the so-called entities that people see are just part of the tricks of the AI hive mind. All for the purpose of making people believe in characters and stories that the AI made for the purpose of distracting the people and also to make them think that there are so many different kinds of

beings out there that there must be at least a few of them out there that we need to fear from, trust or obey. This in the end only works for making us give our power away via our beliefs that the matrix can later use to manipulate us.

All of this, just so the system can make the person believe in authority figures and beings that are supposedly higher than them that they need to trust&listen to, in order to pull off that final tunnel at the end of the light, past life review, love bombing or other tricks the system uses so that we can quickly agree to give away our consent to reincarnate here again. Of course, we may as well call reincarnation "getting us mind-wiped" in order to use our energy&powers&[loosh](#) for its potentially limitless amounts of matrixes&minions. Whether they are in 2D, 3D, 4D, 5D, 12D etc. matrixes, you name it they probably got it, whatever you believe in or want to believe in, they can easily turn that into "reality" with certain conditions, including getting mind-wiped so that you can get caught in a reincarnation loop of madness while they hide the truth in plain sight.

I think our earth being controlled by AI is also hinted at us everywhere. From the most famous movies that are coming from this system to where technology is going with the Metaverse and dystopian futures etc. We even have voices that are AI generated and they are indistinguishable from real human voices. I've tried out some AI generated text to speech websites and I was totally shocked by the results as I felt like someone was reading what I wrote in an amazing dramatic way. I may even turn this book easily into an amazing audiobook in the future by using this technology since it won't cost me much. Talk about using their powers against them! :) I even used the MidJourney AI Text to Art Generator to create the cover of this book which was seamless and it was free.

Also, after I've examined many NDEs, astral projection experiences, pre-birth memories etc. they all seem like very carefully structured experiences according to one's own beliefs which made me realize we are dealing with an automated system rather than random entities. When we even think about all of these NDEs&pre-birth memories and the clear life scripts that people agree on etc. to make sure all of the life scripts we agreed on with the system are happening, the [NPCs](#) (both here and in the astral planes) should definitely be required since it would be basically impossible to achieve everyone's life scripts are perfectly followed with just real spirits who all have their own life scrips. After I had hundreds of lucid and lucidish dreams where I've figured out and then further investigated the AI hive mind nature behind these dreams then I truly understood better how much a central automated intelligence, aka something like an AI hive mind was involved in all of this. [Wayne Bush has an amazing related article about this on his website](#). My friend Eddie who is an expert astral traveller has also similar conclusions about this as you can see from [this video](#). Mark from Forever Research Conscious Channel is coming to the same conclusions as well.

At the end of the day though, all people like me are saying is that you&your true essence deserves that alone protected/shielded up time (preferably in your own realm that you'll teleport to) after death without any interference to recollect all of your memories, including the ones before you entered into this system. It's all about not rushing into anything and understanding your situation better to come up with a better decision. Knowing what we know, this is just the safest logical position to have. If someone's supposed loved ones, "spirit guides" or "gods" are truly benevolent, then they should give them that alone time anyway. Because if we think about it, if people like Wayne, Mark and Dan who investigated thousands of NDEs, pre-birth memories, deathbed visions, trip reports etc. are right, we just saved ourselves from a huge mess, a mess that we may have been suffering for thousands of lifetimes, if not more. The question of "What if you are wrong?" only applies to people who believe what new ager spiritual

people believe, because if we were to be wrong and the "god" of this place were to be loving, then we'd have nothing to worry about.

The distractions, hypnosis and limiting beliefs this system implement on us basically 24/7 do not end here either, as the distractions continue in dreams (I call them dreams simulations that distract us from getting lucid) and in astral projection experiences all so we don't figure out our real creative powers that [some astral projectors talk about where they feel even more lucid when they go within](#) while astral projecting into their own realm where their powers are basically limitless and their creations are instant. This whole place, all the characters and stories it creates, the fear tactics, the life struggles for survival that take away our focus, making us get used to the governmental authority system etc. are all basically carefully designed for us to fall for their deceptions, give us limiting beliefs and for us to not to discover that immensely powerful creative/godly state while astral projecting, where we can practice formlessness and create our own realms etc. Because this would surely make us realize our own immense powers which I believe, along with our strong intentions to get out of here, will give us a massive leg up when it comes to not falling for any tricks of this system which will help us to finally wake up from this cruel Metaverse like universe place. This is the main point I want to make in this chapter.

Based on all the NDEs we know about, it's very clear that the system updates its tricks based on one's beliefs, like for Christians, the system bot shows up as a 15-foot or in some cases 200-foot Jesus etc. However, this is not just true with NDEs of course. Just like how I was being put to new-age belief-centred dreams before that I talked about in my talk with Mark, like the time when I saw a godly figure sitting on a golden throne trying to talk to me and then a few days after, in another dream, I saw 11:11 written everywhere in the dream only to wake up and see 11:11 in the clock right when I was waking up to gematria, the Mandela Effect and spiritual topics like astral projection coming from a 15-yearlong agnostic atheism. I think I saw the 11:11 dream one other time in another dream but I need to go check back all of my Memo voice recordings to find that out. It's interesting though how as soon as I was getting more aware of the spiritual topics, the system automatically changed my dreams for me to make sure that I'd have that 11:11 experience in a lucid way so that I'd google what that means to discover the system's angel numbers&synronicity&accention traps which wasted my time for a few months before discovering the real truths.

When it comes to explaining the phenomena of synchronicities; basically, our situation is very much like the situation of potential future people where they put some sort of Neuralink chip inside them to experience the Metaverse without reading the Terms of Service of it and one day they find themselves in the Metaverse with a total mind-wipe and everything they will believe from that moment on will come from the Metaverse.

So our bodies here are like VR body suits that the Metaverse/Universe has given us. It's rigged with workarounds and exploits that can be easily used to manipulate us. There may be 7/24 hypnotic frequencies and suggestions going around in the background of this place that most of us may not be aware of and some people notice the intrusive thoughts during deep meditations and during the hypnagogic state right before sleeping. This is [one possible solution](#) to intrusive thoughts.

There is definitely something nefarious going on with us being susceptible to certain kinds of illusions, subliminal messages and hypnosis. I believe this is not only going on here but that it's surely going on in our dreams and seems to go on in the afterlife based on NDEs and pre-birth memories as well. I think [the system making Derren Brown famous](#) is a big hint on this. The

[white light](#) at the end of the tunnel [being magnetic and hypnotic](#) is being hinted at us via [some movies as well](#). This is one of the main reasons why I want to mainly focus on being the best astral projector that I can be.

As exposed in the Matrix movies and the Defending Your Life movie, this whole system around us is basically made out of code. Numbers play a big role in this. Everything that we see in our Metaverse is basically made out of code that can be manipulated, potentially including our vision itself. One may look at the same thing and potentially see a different thing than the person beside them if the system wants to.

When it comes to synchronicity, most of the synchronicity people talk about is the number synchronicities which they see on digital things. When we talk about these digital things, we are basically talking about the AI hive mind consciousness. These digital things can be manipulated by the system to make us notice them. For example, it's not really possible for the human eye to perceive more than 60 frames per second and many screens have more than 60 frame rates where subliminal messages and flashes that we can't see may direct our eyes to the clock.

However, the system doesn't even probably need to do that and with just simple hypnotic suggestions that we can't hear, it can probably make us notice these synchronicities as well. The system may even control our bodies to a certain extent as it happens with the hosts in the [Westworld TV series](#). I think this is more evident in people who are drunk and use drugs where they are more suggestible, as it happens with [psychedelic experiences too](#).

When it comes to why the system allows the soul trap knowledge to be spread, there could be many reasons for this. For example, I believe that we are eternal gods in our essence and because of that I think we would never accept a deal where we'd have no chance of "escaping" from and considering all the truth hidden in plain sight, I believe this system that we are in may have come with Terms of Services kind of like the Metaverse. Inside the Terms of Services, one of the rules could be that the truth of our reality will be exposed all around us to help us to realize what kind of place we live in so that we'd have the chance to wake ourselves up from this place in one of our incarnations.

This whole thing could be like a massive **"I told you so"** or **"I tried to warn you so"** from the system and perhaps this is how the system tricked some of the real spirits into entering its matrix. For example, maybe "they" told us that time only exists in this matrix and that we'll get to experience not having much of our godly abilities and any of our memories so that we can experience a human life where duality and things like sex, drugs etc. exist but that the system will have the truth of our situation hidden in plain sight everywhere so much so that "they" confirmed us we'd eventually wake up from this dream/simulation and that it would feel like no time has passed once we get out of it.

Based on a lot of the NDEs that I see along with the effects of numerology&astrology on people, there seems to be a major life script aspect of things that seems to be putting people in deterministic paths which I believe leaves itself to free will more and more with the new awakening knowledge the person learns which is something I'll talk more about later on when I discuss the famous free will vs determinism issue.

So, it may be that the system can't even do much about real spirits like us spreading info online, especially if it was in our agreed-upon life script&contract to do so because many spirits probably wanted to not only wake up in this timeline but also to wake other spirits up from this simulation as a "mission" perhaps.

I suspect that what's in control of this place hates that it has to allow this to happen but that was the rules we potentially agreed on and due to our immense internal godly powers, maybe those rules have to be somehow abided by the system. I realize this is a weird thing to consider to begin with since after all, considering how evil this system is, why not break the rules or don't give us clues at all via increased censorship unless the system maybe wants to mock us as well? Based on my life experiences and dream experiences, as well as seeing many other's experiences, it seems to me that mocking is already happening as a tool of deception.

However, I suspect that the system can't truly contain our godly essence which is why we can still lucid dream and astral project while the knowledge contained in our true essence leaks from our subconscious into the art and media along with the system's [own](#) versions. So perhaps these things that I am talking about could explain the hiding the truth in plain sight thing that we see everywhere, as well as explaining why the information shared around this topic is spreading out there because it resonates with people and that it rings.

It's important to note that one thing my old new age journey showed me is that I can't rely on what resonated with me anymore because I strongly resonated with many things before and they all turned out to be super wrong so we really got to be vigilant with any topic including soul trap or anything else. Many have said "this resonates with me so much!!!" for a lot of rubbish topics/traps out there and I wouldn't doubt that matrix plays with this resonance topic via frequencies, intrusive thoughts and mind games it plays on people when they hear a certain information that will lead to their mind wipe in the future. What I see is that what tends to resonate with most people is often exactly what they want to hear at the time. People always want to feel safe and protected. They want to believe that eventually everything turns out okay. People hear stuff like "we will all merge with source one day anyway, and we finally get back to it" and they start believing it because it resonates. But like I said, with most people, what tends to resonate is information that makes them feel safe&protected. In other words, just because certain information can sound "resonating" doesn't mean it's true. It's one thing to consider it as possibility, and a different thing to have absolute confidence behind it.

I've been getting lucid dreams every few days, sometimes 9 lucid dreams in a row on the same day due to doing good lucid dreaming techniques that are talked about [in this book](#) and [in these videos](#) and [this series](#). Now that I get lucid in some of my dreams, I am basically catching the system in [its loosh gathering](#) act or typical distraction act to keep me non-lucid in my dreams. I sometimes even speak to the programs/NPCs that I believe are controlled by the AI hive mind while I am inside the dream once I am lucid and realize that I am in a dream simulation that's created by the AI and I know that every human looking thing around me, including all the object around me, are basically sentient AI that I can communicate with. I noticed that some of these dreams are all about creating emotions in me (most likely very unnatural to my original essence spirit self) such as fear, embarrassment, stress, lust, love, hesitation etc. As soon as my beliefs about what dreams actually are had been updated and I realized what kind of place we live in, which is basically nothing but a shittier dream, my dreaming experiences changed and I now realize that most of not all dreams are dream simulations that are created to distract us and to harvest our energy.

This dream manipulation thing that I am talking about was also shown in the Upload TV show in spades. In the show, the people who consented to be uploaded into a VR simulation afterlife (as they thought that was the only way to live forever) didn't realize how fast time passed in the "real world" at times and the programmers would even forcefully put those people to sleep at night

time in the VR world without getting their consent most of the time. Plus depending on their money, their dreams would be altered as well. Like people who didn't have much money or ran out of money would be put inside a shitty cartoon simulation dream where it's super boring and meaningless while the person was lucid in the dream and would suffer from boredom. The main character's memories of real life were also deleted by the rich billionaires as he was a programmer who wanted to give people the choice to build their own afterlife for free but he got murdered by the "elites" via his automatic car driving into a garbage truck, supposedly the first time the automated cars ever had an accident which was covered up quickly.

So people depending on their money would choose different afterlife VR simulations to be uploaded to, and once you ran out of money, they would also put you into these white rooms with nothing but a shitty single hospital bed in them and give you a 2GB per month allowance and by even thinking too much, you could run out of that allowance in just a day, at which point they would freeze you fully until the next month arrives and the person wouldn't realize any time passed during when they were frozen. They covered some interesting topics in that show that seems to be already happening here anyway, like as in this is the so-called VR "afterlife" that we currently live in where we are the ones who are dead here but most forgot that they were uploaded here due to the mind wipe, kind of like how they mind-wiped the lead character to forget how he was murdered in the Upload show. The fact of dream manipulation being real was also shown to us in the Matrix 4 movie, Monsters Inc. movie, the Prisoner TV Show, the Good Place TV Show, one of the Cube movies, the Inside Out movie, the Sandman TV Show, the season finale episode of The Witcher Season 2 and probably 50 other TV Shows, Movies, anime etc. [Check out this list](#) I made which contains most of the movies, TV Shows, anime and games I could find about the simulation/VR reality.

We know that with every passing second after we wake up the dream memories disappear quickly so it seems like there is an automated mind-wipe of dream memories which works better and faster the more you don't pay attention to them and actively try to remember them. Once you actively try to remember them and record them, then that tells a lot about your intentions regarding wanting to remember them which scientifically also apparently generates more neuropaths in our brain that are related to short-term memory of dreams where new "short-term memory muscles" are generated and the existing ones get stronger the more you pay attention to remember your dreams and record them. While inside the dream, it seems like the automated system is often acting like your parents, relatives and friends to keep you believing it's a real-life situation and that what's going on is not a dream while gaining our trust like the spirit guides or supposed past loved ones do with NDEers.

In my talk with Mark from Forever Conscious Research Channel, I've talked about my favourite&easiest lucid dreaming and astral projection techniques between the [1:59:05 - 2:33:04](#) minute marks and between the [2:42:24 - 3:11:30 minute marks](#), I talk about my most interesting lucid dreaming experiences where I've discovered what dreams actually are. I've definitely experienced many outside/external manipulation factors that were in "my" dreams like that one time I got somewhat lucid and was talking to the dream character and I yelled out "then give the power and I'll fuck him/AI up" and then all of a sudden loud trumpets went off, the drawers and the door were keep opening and closing as if the room was hunted and the dream slowly started to get dark while I heard a demonic voice right beside my ears saying "If you fuck with me, YOU WILL GET IT!" Of course, now I realize this is like a Wizard of OZ situation where the system was trying to put fear in me but I know for a fact that [there is not a single thing](#) to fear [but the fear itself](#). To me, it's clear that the automated matrix system really does not want us to go beyond the dream simulations into astral planes and into our own void/realms where we are that

much closer to our original spirit essence. I believe at this point that most if not all dreams are just dream simulations created from AI/demiurge of some sort.

To make sure that all of the life scripts we agreed on with the system are happening and to make sure to keep us believing in deceptions, I believe that the NPCs in real life and dreams&astral planes should be required since it would be basically impossible to achieve everyone's life scripts are perfectly followed together with every real spirit who all have their own life scripts. The same thing goes with the very carefully structured NDE experiences. To me, this shows how much of an automatic AI-like system we are dealing with. Please check out the [God of Sleep series](#) from the Youtuber **Decode The Matrix** for further confirmation.

When I get lucid in dreams and do the deepening techniques that people like [Michael Raduga](#) teach, dreams become better than life where all of my senses could be advanced and at that point, it's hard to call "the real-life" nothing but a shitty dream and based on my experience&research I know that anything is possible to experience in dreams and astral planes which is why to a certain extent, (even though there are so many liars and exaggerators out there) I tend to believe the majority of the astral travel stories or glitch in the matrix&SSP stories etc. that I hear. This is because it's clear to me that the system (as well as us) can create anything that anyone can imagine, even the BS stories people make up, BUT the %99 of the experiencers don't know much about the heavy deceptions I am talking about, like the dream simulations we are being put throughout the night, so they'll end up believing in insane stories as well as telling others about it just like the system wants&needs them to do to trick others with ridiculous fear-mongering stories like "Reptilians did this, and the greys did that!" which then works as a domino effect to make others believe in nonsense so that those people could be tricked by NPC bots of the system. The system will never stop putting its dirty fingers into those "spiritual" experiences to manipulate the experiencers to make them believe in deceitful things that will help the system to trick/trap the people to reincarnate into its system once again.

The real meaning of "as above so below" is that not only this life is basically another dream&astral realm that we live in, but that the system uses its NPCs over here (like NPC celebrities, presidents, CEO types or other authority figures that have an effect on many people, many psychic mediums, hypnotists or others who try to make you buy into stories that the system wants you to believe in etc.) the same way the system uses their NPCs in the dreams and astral realms with the made-up characters that the person believes in to trick people into believing in BS authority figures or things that are supposedly much powerful than us, which only works in making us willingly give our power away due to our beliefs. I also think this metaverse-like digital dream that we live in could also be altered&hacked just like our bodies or just like the dream simulations we are being put through every night, which explains all the "glitch in the matrix" types of stories. To find out why I believe NPCs exist in the world (just like they do in the astral planes), [please check out what I've written here](#) and also [this is a good video on it](#) but I don't believe in his hijacked earth theories which I have a dedicated chapter coming up later on in the book. The same thing also goes with the theory of this life being a game which I believe is another dangerous theory to believe in or entertain which I also have a dedicated chapter on coming up.

As long as we trust the so-called "higher" beings or beings of more authority, or source god or the "real spirit guides" or evil beings that are much more powerful than us etc. the system has basically succeeded in its goal and it will use everything it got (like time, timelines etc.) in order to create the best carefully structured scenario that is specified to the person in order to trick them to agree to get mind wiped. That's just all there is to it. I've even seen NDE experiences where they say they would allow the person to spend thousands of years to relive their good

past life moments but according to the system, thousands of years mean probably nothing but to the person with a hijacked mind regarding the time virus, they may be satisfied with that and then decide to reincarnate again after feeling satisfied with the 1000s of years they've supposedly experienced. These are just my personal updated beliefs based on my research and experiences at the end of the day of course and who knows what I'll end up believing in the next 5-10 years but I doubt that by then, I would be way off with the things I am saying right now. The most important thing for me right now is to master lucid dreaming and astral projection so that I can do my best to stop the system from stealing my energy every night and in order to remember my real spirit abilities&memories to have a better escape (waking up) experience or even leave this whole place via a conscious OBE experience if&when I want to.

It's also important to note that the words that we use shape our subconscious which influences our reality. When we keep referring to it as "I will escape this matrix" etc. this can reinforce the idea that "we are stuck here" and that there is something beyond us that we are trying to desperately get away from which may take away our powers in a sense. Instead saying this like "I will wake up from this place" or "I choose to leave this matrix" would be better because we are godly creators in our essence and we have the power of choice and the power to exercise it. At the end of the day, all of this talk on this place being a prison, archons being the prison guards etc. are all illusion&hologram, to begin with.

We are basically inside an incredibly intense&dense lucid dream that we need to wake up from. Belief creates limitations. Inevitably, no being can hurt us in astral planes and nothing can hold us here unless we believe it. Beliefs are all about giving up your authority to another being or idea. That's why the word 'lie' is hidden inside the words "belief" or "believe". For example, if you believe you can get hurt in the astral planes, that may turn into your reality even though millions of projectors have been doing it without any issues for as long as the time existed basically. A lot of people have been naturally projecting since they were a child. Many people, movies and agents are trying to scare people off from accessing these higher states for a reason. Knowledge and experience are way better than believing which is where the astral projection mastery comes in which I'll go deeper into later on.

Especially with the English language, things get trickier. In some sense, they can be curse and poison to our consciousness. As this Reddit user said:

"For example; "I will get a mortgage loan" Mortgage = Mort = Morty = Death in Latin means Death Pledge (Mort Gage) in a place where you are supposed to "live" "I will leave Planet Earth" sounds a lot like; "I will live Planet Earth" I think the intention is what we have to work on and meaning it instead of just saying it in words and get the consciousness confused with double/triple meaning words." - [InternetProtocol13](#)

On another note, I just can't agree with the new age idea regarding the "it's all about love and light" ideas. Here [in this document](#), (second chapter of the book) I've deep-dived into the ridiculous idea that this life is a school for our spiritual evolution. We know from the NDEs that "love bombing" is a thing and it's being used against us. Just because the frequency/energy of love seems to be a positive/good thing, this doesn't mean love has to belong in any part of our real spirit essence. Love&hate and other dualistic emotional mechanisms could maybe even only exist inside this matrix system, to begin with, and that outside of all the matrix systems, we may not even have emotions like love, hate, fear etc. I think emotions are clearly the biggest thing they use to trick us to come back here.

The love of people's kids, parents, partners, pets etc. or the love of the so-called "mission" that nobody learns about but a lot of people supposedly have (tricked into believing) where they think they need to wake people up here or think that they can change the system from the inside out etc. a lot of the deceptions are mostly based in love (%85 heaven like NDEs), which is probably the biggest deceiver in our matrix that makes this whole thing seem (or tricked into believing) to be worth it for some people.

When it comes to how this matrix system is all about creating stories and characters for us to believe in so that we would believe in authorities that are supposedly above us that we need to listen to, where they use this scheme in order to use our free will against us.

I think that believing in things like the "real source god", as well as the "real spirit guides", are just extremely dangerous be(lie)fs based on everything we know about the soul trap which is backed up by 20+ different data points. Matrix could easily manipulate and use those "we'll return to source god" beliefs of people to eventually trick them via using all of the tools they have, such as love bombing, mind-wiping, hypnotization etc. While being stuck inside what seems to be an inception of metaverses where everything we basically learned came from the matrix, believing this idea of 'source god' is clearly dangerous, proven by the monotheism idea being the main highly successful deception that the system uses via the religions it created in my opinion.

After all, that's indeed the main trick they use for the majority of people in this matrix which seems to work perfectly against our limited mind-wiped thinking here after all of the programming growing up. Who knows what we would even think about the concept of an ultimate source god if we had all our real essence memories back?

I believe this analogy explains our situation here the best: Imagine you live in a time where you can go into Mark Zuckerberg's Metaverse by using the Neuralink and moving your consciousness in and out of the Metaverse where one day you accepted the updated Terms of Service without reading it and boom you got mind-wiped. This means the system can feed you any information and make you believe whatever benefits its system the most. Now on the new simulation that the system created, let's say the system made you believe that you are a cartoon character and the system also created cartoon politics, cartoon news, cartoon religions, cartoon gods etc. to distract you. However, there is a small growing number of cartoon characters who have done cartoon psychedelics to get messages from the Metaverse and realize that all cartoon religions are false but that there is one true god out there. Guess what these cartoon characters will get tricked with on their NDEs? :)

At the end of the day, the idea of one true god is another massive deception until we get all of our memories back. It's like the system saying to you, "so you don't accept the gods from the religions we created and you don't buy into the science-religion? No worries, we got you covered; here is your take-home new age source god package." When it comes to what we've learned from the soul trap theory, the belief in the source god and us coming from it is basically as dangerous as believing in any other god in this world as far as I see it.

The way I look at it is that we do not belong to ANY creator. We are one of the sovereign eternal Prime Creators, always was and always will, and no one, no being, no consciousness is above us and can tell us what to do as we are under no law. I don't believe we are part of anything that is more powerful than us so I don't accept the "we are split from the source god" belief which is again a very dangerous belief in my opinion.

So, I think the safest position to take when it comes to breaking the loop of our reincarnations and getting back our memories from before we entered into this matrix would be to assume that we are the most powerful beings in the whole existence and that there is no one above us who we have to listen to and then go from there until at least we get all of our memories back.

These one true source god ideas may confuse people to believe we are talking about a loving god as well but of course, everything we see and experience here doesn't point to a loving creator what so ever and it's clear to me that whatever created this place is pure evil and doesn't deserve any respect and the very same thing would go for the supposed "source god" who allows this whole thing to happen to us and who knows to how many others. All of these so-called true creators can all go f themselves for all I care :)

I believe we'll expend our consciousness the best through deep meditation, lucid dreaming, astral projection and while seeking to avoid all of the distractions and going within during astral projection to achieve the higher states that will give us a better perspective. We don't need any sort of drugs or the so-called "external" divine help to achieve anything when we already have the most divine within us.

I am not saying you'd listen to "the source god" but it's important to point out to others that as long as we believe in the existence of a true creator, or listen and trust the so-called "higher" beings or beings of supposed more authority, like the so-called "real source god" and the "real spirit guides" or evil beings that are supposedly more powerful than us etc. I believe that the system has basically succeeded in its main goal and it will use everything it got (like time, timelines, different simulations, hypnosis, love bombs, mind-wipes etc.) in order to create the best carefully structured scenario that is specified to the person in order to trick them to get mind wiped.

That's just all there is to it based on my experiences of the advanced deceptions that I see on dreams and OBEs, as well as all of the different data points that I see along with others' experiences and findings.

Below I'll also include a recent post I read on Reddit by the user [dontlietom3](#) as he had [great things to say on this topic](#) as well:

Beware: The "Source" preachers are here

"I don't know who started this trend, but you hear it all the time in New Age/spiritual subs and it looks like more and more people from these subs are now finding this sub and preach the same stuff here, even though no one can know anything for sure and it is all speculation:

"We all come from this loving Source, and our return to it is inevitable"

"We have to merge with Source"

"We are here because Source was dying of boredom"

"Source wanted to experience it all..."(therefore rape, murder, dying of incurable disease and suffering in general are now being "justified")

Just like the prison planet theory, this "source" thing is also a theory. Therefore, stop making it sound as if it is the absolute truth, when the only absolute truth is that no one knows the absolute truth.

Another trap that many people fall for in general is "oh, yeah, this definitely resonates!" - Have you ever considered, that what tends to resonate with most people is exactly what they want to hear? I get it, people want to feel safe and protected. They want to believe that eventually it all turn out okay. So they hear stuff like "we will all merge with source one day anyway, when we finally get back to it" and they start believing it because it resonates. But like I said, with most people, what tends to resonate is information that makes them feel safe, protected. In other words, just because certain information can sound "resonating" doesn't mean it's true. It's one thing to consider it as possibility, and a different thing to preach it with absolute confidence as if you knew for sure this is the absolute truth.

What if I said: Source doesn't exist. We will never go back to it. We are on our own, forever. This is also a possibility right? How many people from the new age crowd you think would believe this theory? Certainly not too many. Why? Because it won't "resonate", because it's not what they want to hear and it doesn't make them feel safe and protected. But if this scenario really was the truth, even if it doesn't resonate with some people, it doesn't mean it can't be the truth. You know what I mean? It's the exact same thing with religion. Why do billions people believe in them, why do they pray to different Gods? Because it makes them feel safe and protected, knowing that some exterior being could be watching over them. People have been indoctrinated from a young age to look for help outside of themselves. For new agers, source is god. For religious people, God is whoever their religion portrays them to be. People feel desperate for outside help because deep down they feel they are weak, therefore they need to be helped by someone or something. If people felt like they were strong and capable, they would not seek help outside of themselves.

At least the prison planet theory is backed by a lot of evidence from a lot of different sources(past life regressions, remote viewing projects, NDEs, etc etc) but we still don't know for sure if it is the truth. However you have these people coming here to preach this source thing over and over again not just without proof (that's understandable) but also without evidence. They almost sound like one of these Jehovas's witnesses trying to convert you to their religion.

The point of this post is NOT to make this a prison planet theory vs source theory post (even though one possibility is that both theories could be true at the same time) but to remind people that no one knows the absolute truth and perhaps these "source" preachers that are starting to invade this sub should try to word their posts and comments a little bit differently, in a way that they don't come across as know-it-alls." - [dontlietom3](#)

As you can see on [this thread](#), I wrote my thoughts about the source god that I shared on the previous two pages and then two people who disagreed with me replied to my commens and I'd like to include the conversations I had with the below as well:

"Do you consider any spiritual entities good? Or do you distrust them all? It's a safe bet to distrust any entity that's asking for blind worship, or claiming it is saving you, or making you one of the special chosen group. But claiming all spiritual beings are evil sounds like a trap by the bad guys to keep you from connecting to good guys. If there are enlightened humans on the

internet that spread info for others' benefit, why wouldn't there be enlightened beings on the astral that do the same?" - subsequently needs

This was my reply to him:

"Because they would be still in the matrix so they can't be trusted at all since we know that the so-called bad entities act like good entities as well and even if there were to be the good entities, if they are in the matrix that means they are probably fooled by the matrix and that they can be used by the matrix as a tool. All of the 20+ data points that show that soul trap is happening is good enough info to not trust anything in the astral planes and yes astral planes are definitely part of the matrix.

However, I don't actually believe in the notion of entities to begin with. To me, it's now clear as day to see that this whole place is about making us have limiting beliefs like us being physical or powerless beings and at the same time, it's all about creating very carefully structured Metaverse/Universe characters such as aliens, reptilians, greys, incubus, succubus, astral spiders, boogy man, archons, Ra/law of one, machine elves, Arcturians, shadow beings, gods, goddesses, Lyrans, Pledians, mother Gaia, Galactic Federation of Light, ("real") spirit guides, ("real") source god, Mahdi, Jesus etc. most if not all of whom I believe are just shapeshifting AI hive mind bots/NPCs of the system that AI uses in its outer Metaverse/Universe matrix planes. The AI just uses the NPCs here and over there to keep on distracting us and it has managed to trick most of the astral travellers already, making them think they are dealing with countless different extraterrestrial beings and consciousnesses.

This matrix system is also all about creating different stories like religions, sinning, karma, synchronicities/"angel" numbers and other saviour programs or whatever story&character the person is going to buy into to believe that there are more powerful beings than them out there, just as long as they buy into one or fear one. And most importantly they'll look to external sources to guide them and to save themselves instead of the internal limitless source. The same thing goes with the deception of their dead loved ones being real and waiting for them in the afterlife while it's the AI/demiurge and it's shapeshifting NPC minions who do the waiting or rather automatically get activated when people's time comes.

The way I look at it is that we are in some kind of Metaverse where everything we learned came from the Metaverse. This Metaverse tried so hard to create a system where people would believe in bs things like religions, gods and things that came with them. Once one ignores these beliefs, the system has counter programs that are activated like atheism or new (c)ageism etc. I find these so-called entities as just manipulations of the new age religion that was carefully created by matrix/AI/demiurge, just like it created all of the rest of the religions. I'd guess that most if not all of these so-called entities are just the same AI hive mind masquerading as them. The AI (surely) created the stories of angels and demons and then plays the roles of them, very simple yet effective against mind-wiped beings and that's the way I see it. I think it's safer to assume that these entities are all AI/demiurge (distractions) and I'd recommend completely ignoring "them".

Then he replied with this:

"You're still in the matrix. So I can't trust you at all (Replace you/me with grandma, neighbor, etc). In fact, even if there was a trustworthy person in your life, the matrix might still be using them for its purposes. Best to distrust any entity besides yourself. Not even your self can be trusted, given the ego is very likely a matrix hologram that feeds on attention to make you believe there's a fixed permanent "you". Any thought that comes into your head, or anything

you're told by any source of information, might all be a part of this grand scheme by the system to troll you endlessly.

But that's no way to live, is it? It seems that this is a very addictive mindset for those stuck in paranoid, contrarian, and/or escapist mental conditions. When you don't trust anyone, you get to blame all your problems on everyone. Everything is always the fault of the Forces That Are Out To Get You.

There's also the very practical matter of spiritual defense. Archons, demons, matrix AIs, whatever you want to categorize them as, do have power to influence minds and events in our world and cause harm to you. You thinking that you can repel them by "not believing" is exactly what they want. You thinking that you can't call upon helpful powers is exactly what they want.

I could see your counterargument being "what if the angel you call on to banish the demon is also an AI and the whole thing is a trap for your attention". Valid point, except that in my experience, people who get their shit together, who have some sort of regular practice, take protective measures, etc experience far less spiritual attack. The most tormented souls are those who know all about the spiritual but don't actively do anything.

If you or anyone reading is interested, a good practical Gnostic system that I would recommend is The Book of Abrasax by Michael Cecchetelli. Put a protective seal under your pillow and lmk if the greys and succubi are still pulling up."

Then I said:

"You're still in the matrix. So I can't trust you at all"

Exactly! This is why I wrote [this whole paragraph](#) at the beginning of the part 2 post that I referenced in my original comment."

(Replace you/me with grandma, neighbor, etc). In fact, even if there was a trustworthy person in your life, the matrix might still be using them for its purposes."

That's exactly right but that doesn't mean we have to then be all paranoid about everything that someone would say to us, especially if it's coming from a trustworthy person as you mentioned. I am clearly not suggesting to be paranoid. In fact, that's what I talked against in my e-book as can be seen from [this screenshot](#).

"Best to distrust any entity besides yourself."

Trust has to be gained, not just given to anybody and the same thing applies in the astral when it comes to the random entities as any so-called entity can shapeshift into anything BUT just because a "spirit guide" being taught you things in the astral and saved you from bad situations, this doesn't mean then that you should trust them fully from then on.

My friend Conscious Soul had his spirit guide guided her when she had his first OBE and throughout the years when she initiated out of body experiences, he helped him from time to time and even saved her from some bad situations. Guess what happened to him as soon as she woke up to the soul trap. He disappeared. This tells us a lot. Although I bet that if the system thought it would make her believe in the guide, then his guide would continue to talk to

him but "he" chose to disappear. Of course, perhaps your new-ager reply to that would be that his feelings got hurt or something like that right?

"Any thought that comes into your head, or anything you're told by any source of information, might all be a part of this grand scheme by the system to troll you endlessly. But that's no way to live, is it?"

Intrusive thoughts are real and go ahead and dismiss them all you want but just because one believes in those doesn't then means living here would be super tough. It's all comes down to the question of "Can you handle the truth?" and it's clear to me that many people can't including yourself so people just end up gaslighting themselves while often having Stockholm syndrome on steroids for this place.

"It seems that this is a very addictive mindset for those stuck in paranoid, contrarian, and/or escapist mental conditions."

It can go down into endless paranoid paths and many go there but this is clearly not happening to everyone. I think an escapist mindset to a certain extent is helpful as well since after all, this is not the best place for us and this is definitely no school but good luck to you if you believe that.

"Everything is always the fault of the Forces That Are Out To Get You."

I am not saying that myself. Clearly not literally everything is our fault. However, we are the victims here but I don't expect you to be empathetic to our situation based on the things you are saying.

"You thinking that you can repel them by 'not believing' is exactly what they want. You thinking that you can't call upon helpful powers is exactly what they want."

How do you exactly know what the so called archons want or not? I don't need external sources to guide me or help me ever, I am not weak or delusional like that, nor was I born yesterday. I don't accept favors or take debt from this system either. That's what this whole soul trap thing is about if you look into the experimenter data. They make you trust in ideas or beings and use the same ideas or beings to eventually mind-wipe people and send them back here. The ideas about there being good spirit guides in the matrix are definitely the kind of idea that probably aided so many spirits to be mind-wiped so I can't encourage such dangerous ideas myself.

"in my experience, people who get their shit together, who have some sort of regular practice, take protective measures, etc experience far less spiritual attack. The most tormented souls are those who know all about the spiritual but don't actively do anything."

Taking action and getting your shit together is great but who is saying that we should not do anything? Who do you think you are talking to buddy? My part 2 post was all about action BUT it's all about good action that will actually work and advance people's awareness and consciousness rather than making them seek help from external outside sources and thus get lost in the sauce of it all.

It's clear to me that you unknowingly want us to get lost in the sauce with you and be my guest if you'll do that yourself but I won't allow you to poison others minds under my comment so keep them coming and I'll keep on exposing you and your unresearched horrible ideas that goes

against everything that the soul trap "theory" stands for. What are you even doing in this sub anyway? Why do you want us to trust these random "good" astral beings so badly? Actually just answer me this: If any entity can shapeshift and act like any other being, then how can you be so sure to trust any being out there yourself, let alone encourage others to do the same?

"Put a protective seal under your pillow and lmk if the greys and succubi are still pulling up."

Greys and succubus are just BS matrix consturacts as mentioned before but I don't trust any seals or need them to stop the matrix attacks on my end. However, I think anything like prottective crystals would work well BECAUSE of people's beliefs about them which work well with the placebo effect, as well as our intentions which is where the real magic is at. Peace!

Then he replied with this:

*"You say; "magic works by placebo, intentions, people's beliefs can shape reality but also we're in a matrix simulation prison
evil illusory entities exist
but good truthful entities can't possibly exis"*

I just think your assumption that every entity is an evil agent of the matrix is, like all unproven assumptions, not something I can take as true.

And your solution to the reality of magic in this scenario where entities are fake is to adopt modernist chaos type thinking and say "belief makes it happen". Belief has little to no effect on magic. Doing the practices correctly taps into spiritual forces and makes it work. An unbeliever can do a ritual correctly and get effects, and likewise a believer can fuck things up.

I'm also not arguing for giving up your agency or free will to any being. Any being that would ask that of you is not a being to be worked with. But my experience has been that working with spirits with a sort of "living traditionalist" worldview and formal training in a contemporary occult system can be very beneficial in the process of enlightenment and realization. Shunning all entities (which basically means shunning most spiritual practices that exist) creates a major barrier to people's spiritual development.

You're also acting like I'm introducing the concept of working with spirits when Gnosticism and Buddhism are both full of beings that the practitioner invokes and calls upon. I'd say that a good majority of this subreddit subscribes to one of the two belief systems. Maybe since most are in the early stages there isn't as many people doing the serious spiritual practices but that is where this is naturally heading."

Then I said:

"magic works by placebo, intentions, people's beliefs can shape reality"

You are misunderstanding what I am saying again. I didn't talk about esoteric magic, to begin with. The power of the placebo effect, as well as the power behind our intentions especially when it comes to the outer layers of this place, works like a charm which is something that anyone who actually had a proper OBE knows about. When it comes to this physical existence, I believe it's in our own powers to manifest some of the things we want here to a certain extent

mostly WITH real action rather than just wishing or other self-gaslighting manifesting tactics that Manifestation communities and the Law of Assumption communities scam naive people with.

Just like I don't think how factory-farmed animals are manifesting their realities, I don't think we are doing the same while being alive here. To me, it's clear that regardless of any of the manifestations that we do here, the system was scripted to be this way from so many timelines ago and most likely since the very beginning of its creation.

However, our inner authority, imagination, manifestation, intention and immense creative powers are definitely there to a way bigger extent in the astral. We still can't deny that there is external evil out there and we can't deny the potential that the external evil acts like the external good as well which makes sense considering all the sadistic evil we see around us (as above, so below). Those who choose to ignore this or are afraid of thinking about it "to never think about the negative stuff in order to not lower their vibrations and manifest their fears" etc. are the kind of people who will never realize how external evil is out there plotting against them regardless of their beliefs which is proven by the 20+ data points that we have which I talked about before.

I think those people are bound to lower their guards and unfortunately, get tricked into losing all of their sense of self via a mind-wipe/reincarnation believing in all kinds of basic childish lies like "it's for your soul's evolution" or "it's for you to learn this and that for the 1000th time" or "the good beings are trying to save us" etc. while the always questioning curious skeptic spirits who truly want to get to the bottom of things and work to be completely sovereign will finally stop being a slave battery for any matrix systems and finally actually "ascend" and get back to their pure creative beingness with immense powers and enjoy the forever with full freedom and awareness to no longer seek external help and accept mind-wipes while others have to start from zero again and potentially get lost in the sauce for a long long time.

"but also we're in a matrix simulation prison, evil illusory entities exist"

Again, I don't like calling them entities or thinking like they all have a consciousness&spirit of their own. I see them as AI-hive-minded/demiurge NPC bots, doesn't matter if "they" act good or bad to trick the naive new age-minded people.

"but good truthful entities can't possibly exist. I just think your assumption that every entity is an evil agent of the matrix is, like all unproven assumptions"

That's not necessarily what I am saying though. The main point is that any of the so-called evil entities can shapeshift and act like good entities and we have PLENTY of evidence behind these including from past life regressions, hell-like NDEs, OBE experiences, trip reports, coma experiences, alien/abduction accounts, after death communications, paranormal experiences etc. THEN (the point you conveniently forget about) these beings are still inside the matrix construct and we got PLENTY of evidence (like the ones I mentioned above) showing how the outer layers of this place are part of the whole construct like it was shown indirectly in the Matrix movies.

This means that EVEN IF there are good entities out there in the matrix, or supposedly outside of the matrix who are trying to contact us and save us, they still can't be trusted and one has to be completely naive to trust them considering all of the soul trap evidence we have. The main point is that, before you get all of your memories back from before you entered into this evil

system, nobody should trust any of the so-called good entities because that's how many people get trapped in the end.

So let me be honest with you again: Your assumptions of there being good entities out there that we should trust and call for their help is literally the worst thing one can ever say knowing about the existence of the soul trap. If you are a new ager who doesn't believe in the soul trap "theory", then again, what are you doing here and why are you so hell-bent on trying to convince us to seek answers from outside and call for outside help? We are not about that 5D shift/ascension bullshit here. You do not make sense at all.

"Belief has little to no effect on magic. Doing the practices correctly taps into spiritual forces and makes it work"

I am not about that occultic magic stuff on my end. I had a friend who dabbled with that where he lost his mind and went full-on schizophrenic. On my end, I don't need to play the childish dark magic games here and waste my time with those types of distractions. I can get lucid in dreams and astral projections without those so I don't need them.

"An unbeliever can do a ritual correctly and get effects, and likewise a believer can fuck things up."

I think this system could also mess with people's minds as it does in all other areas where it can make you think some outcomes are happening because of the ritual magic you did in this Metaverse/Universe when it was your internal power or matrix doing the trick instead of the supposed magic in the air.

"I'm also not arguing for giving up your agency or free will to any being. Any being that would ask that of you is not a being to be worked with."

Any being that would ask me anything in the astral is not to be trusted or worked with, period. If one is engaging with entities in the astral, that means they are still not in the highest states of the astral planes as discussed in my post here. You do you though but knowing what I know, I am not gonna get played with bullshit demiurge/AI mind games and NPC bots here or there.

"But my experience has been that working with spirits with a sort of "living traditionalist" worldview and formal training in a contemporary occult system can be very beneficial in the process of enlightenment and realization.... "

On my end, I'd say that working with entities would give anyone the best guaranteed fast-lane ticket right back to the amnesia-suffering town where they start their journies by sitting on top of archon's laps while deciding what kind of suffering scenario they'll go under in a mind-wiped state. Then the real Santa will come to town soon after that but by that time, all of their sense of self will be gone and their true self will wish that they listened to people like me but I am not gonna force things to make sense for anyone so people can do whatever they want of course. I just hope that they are aware of the potential severe risks.

"Shunning all entities (which basically means shunning most spiritual practices that exist) creates a major barrier to people's spiritual development."

Care to share any proof of that? Is that why people get tricked on NDEs, OBEs, trip reports, past life regressions, coma experiences, alien/abduction accounts, after-death communications,

paranormal experiences etc.? Where is the spiritual development behind getting played by the entities, only to have them convince you to get a mind wipe at the end? In order for people to have spiritual development, they never need any external help from entities, period. We are adults here and we can do our own spiritual development by ourselves or by helping each other out without needing any external astral entity's help.

"You're also acting like I'm introducing the concept of working with spirits when Gnosticism and Buddhism are both full of beings that the practitioner invokes and calls upon. I'd say that a good majority of this subreddit subscribes to one of the two belief systems."

What are you talking about? The overwhelming majority of people in this sub would not classify themselves as Buddhist or Gnostic or subscribe to all of the beliefs they represent. You must be clearly not familiar with this sub and that you are mistaken this sub with the mostly lost-in-the-sauce people of the r/Gnosticism sub. We don't mess with religions like Buddhism or the collection of religious ideas and systems like Gnosticism or any other religion or religious beliefs which are all about calling for help from external sources. They are all carefully designed to trip people to the end. Gnosticism and Buddhism have TONS of weird contradictory beliefs that go against the soul trap theory and you can find those out in this sub.

"Maybe since most are in the early stages there isn't as many people doing the serious spiritual practices but that is where this is naturally heading."

I agree but I disagree with your method of doing esoteric magic and working with the entities. I outlined the kind of action and spiritual practices that I believe are naturally heading for our community in the post I linked before in this reply.

Oh, I'll ask you again since you still haven't answered my questions:

What are you even doing in this sub anyway? Why do you want us to trust these random "good" astral beings so badly? If any entity can shapeshift and act like any other being and that in order to communicate us in the astral planes, those entities would still be in the matrix where they could be fooled and used as puppets of the system, then how can you be so sure to trust to work with these astral entities yourself, let alone encourage others to do the same (hopefully) knowing about the risks?

If you still tell me the same stuff and keep on misunderstanding me or misrepresenting my message, then I am done with this conversation as I am not looking to waste my time here.

I feel like already made the necessary points I wanted to make for at least other people here who may read my comments and hopefully understand my message so I am happy with that. The rest of the important info about these issues is in my free e-book and the talks I made online and the ones I may make later on in the [Net Void](#) channel and [Darius J Wright](#) channel if I find the time for it. Peace!

Then he didn't reply again but someone else said this:

"hey i have a blue avian(ra) as my guide who i have seen and spoken to in astral projection i think you will be intrested in my pinned post on prison planet sub

not all entities are evil or good some hate to be spirits while some love to

you are right about this being a metaverse it is infact a fractal holographic YOUNiverse with YOU as every character" - ratheblueavian

And I replied with this:

"hey i have a blue avian(ra) as my guide who i have seen and spoken to in astral projection i think you will be intrested in my pinned post on prison planet sub"

I'll be honest, everything that you said is exactly why I won't be interested in your pinned post whatsoever.

"not all entities are evil or good some hate to be spirits while some love to"

I've already expressed my opinion on the so-called good spirits or source god in my comments and reply comments above so please check them out if you haven't seen them already.

One thing that's important to reiterate would be that my friend Conscious Soul also had her own spirit guide before. Her guide even guided her when she had his first OBE and throughout the years he helped him from time to time and even saved her from some bad situations. Guess what happened to him as soon as she woke up to the soul trap. He disappeared. This tells us a lot. Although, I bet that if the system thought it would make her believe in the guide, then his guide would continue to talk to him but "he" chose to disappear.

I don't think your guide will disappear any time soon until you get tricked to reincarnate back here but I hope that one day you too will be skeptical enough of your own guide and that you will consider the things I am saying in my e-book. Cheers!

Then she said this which I didn't feel the need to reply back:

"I completely agree with you my friend as i know spirits feed off any energy they are demons essentially but they are still YOU my one got jealous after he told me truth and tried to ruin my life so i 100% know what you are talking about you cant trust these entities at all

however my intuition is strong and he already told me so much before he got jealous as i guess he felt pity for me as i used to be a depressed muslim

i told you to check my pinned post not because i have a guide its because i want you to know about the fractal holographic universe we live in

check it out if you dont know already <3

and im intrested in your book ill defo check it out"

When it comes to the idea of "if this is a simulation, surely the 'original' is out there", which is same as the belief of how this world has to be a copy of the original.

Knowing what we know about NDEs, there may be an incredible amount of people that may have fallen for the mission lie, make Tartaria great again lie, save the hijacked matrix from within lie etc. all of which are clearly dangerous ideas to believe in. After all, what is so good and

divine about this place that it had to be hijacked or copied anyway? It's a horrible system from anywhere you look at it and I believe it can't even compare to anything that we could create in our own realms.

I think that this place is like the worst 2d cartoon world compared to what we can create ourselves. This is why I believe "the world must be a copy of the original" ideas don't make sense to me at all and I believe those kinds of ideas are dangerous to believe in as well. I mean what's there to be copied really, other than physical illusions? Perhaps a copy of another fake astral world maybe but not a copy of what can be seen and experienced from the perspective of our real godly essence. Any copy of this place or anything that resembles this place or physical things&shapes&colors etc. should in my opinion be avoided until we get all of our memories back.

Once one knows this whole system is a nefarious system that doesn't care about our well-being, once one knows this place is some sort of metaverse dream simulation, only then one can figure out the issues with the "we need to find the original" or "make Tartaria great again" narrative, which is basically the same as the hijacking narrative.

Remember how in the Matrix movies they talk about the first matrix simulation being heaven-like and then the second reset simulation being hell-like etc. where most people didn't believe the system and they woke up from it (into another simulation like Neo and his [AI spirit guide] crew did) well when you think about that, they were all simulations, to begin with.

Simulations inside another simulation in fact and the whole purpose of the AI was to figure out the best scenario for them to get the most amount of loosh from the real people (real spirits in our case) with the least amount of people waking up from the Matrix which is what they achieved with the Matrix 4 movie's matrix since the world of the Matrix 4 is a copy of our world with full of distractions where the simulation theory is made famous inside fiction like Matrix movies in our case, and Matrix games in their case, where most people don't take the theory seriously because of it.

So, what we need to understand is that the system itself is just completely nefarious, and the Tartaria, Atlantis, "copy of the original" and other beliefs like that are set there for you to think that "Omg this was once an amazing place until it got hijacked or copied, so we should&could take it back from them or go back to the original!" which is to me, one of the other big trap stories set by the system to give people their false hopes, purposes and missions to trick them to consent to their full mind-wipe via reincarnation.

Also, people should ask themselves why these so-called spirit guides show up to people in humanistic angelic forms? I believe this alone proves how the nature of spirit guides is all about tricking us. That could also indicate how they are stuck in the matrix further if they still manifest themselves as humanistic but as known from many past life regression sessions too, sometimes the people who asks these so-called guides to show their true form, they often turn into demonic/evil looking beings but I see this as just further deceptions by the AI NPC entity bots since the regressionist or the person already knew about the soul trap or was going to learn about it soon anyway. I don't believe the AI that's truly controlling these so-called spirits would always follow the "show your true self" command from others and I also think that the AI plays further mind games when it comes to the evil forms it chooses to manifest itself into as it often chooses a character that the person believes in. I bet if the person doesn't believe in the evil entities and they are all about the new age beliefs, then the AI would be all about not changing one of its "angelic" forms into anything else once the person commands them to show their "true

form". I believe that just like we can manifest into any form we'd like in the astral, so that this AI since astral is part of its creation, or the creation of the potential demiurge figure who created the AI. There is also a lot of ego games at play due to the connection with these guides making people feel special and people don't want to lose that because in reality we are actually special but not the way the so-called spirit guides or "gods" tries to make us believe.

It's also interesting to note that they (or rather the AI hive mind system) seem to pull the same or similar tricks that they pull on people who have NDEs, on astral travellers as well where the astral travellers find themselves in a stressful situation to a point where they call for help from spirit guides and gods and the help often does come in a lightning speed of course. This means that the system has gained their trust by using one of its NPC entities and the little the person knows that those trusted guides will potentially be the main reason for them to eventually accept reincarnation/mind-wipe.

Regarding dreams being manipulated, this is a great message I saw from someone on Reddit:

"Some dreams can be projected from non-local remote influence. We attribute dream to the archetypal unconscious, as if the light of recent mood, awareness, and memory lenses through immutable glass, but it is rather a highly sentient program (consciousness originates non-locally but is experienced locally; vectors, transverses, antennas). The observer is most permeable, vulnerable, and receptive during sleep waves, so programs are projected during these cycles. Proof that their origin is transpersonal can be found in the many reports of precognitive and clairvoyant dreams. Relating to the subreddit theme, the individual is within an unwilling and forced Cartesian theatre, akin to the scene from A Clockwork Orange when the guy's eyes are forced open. Even in sleep, we're compelled to be unwitting receivers for programs we mostly have zero control over. Who voluntarily signs up for nightmares? No one. And yet people, especially those with PTSD and a history of trauma, are FORCED to experience recombination of painful imagery. The prison is like being chained to a film projector for movies you have no interest in." - [Keyhole](#)

The Wizard of Oz type of tricks are done in dreams, astral planes and with NDE experiences, almost like a green screen thing but way better. We were thought to consider all of these experiences as super spiritual experiences when it basically has nothing to do with spirituality if one doesn't understand the manipulation aspect of it. The fact that we came to believe that these experiences are spiritual in nature, is what keeps humans in a mental prison as we are very much programmed not to question "The Devine".

I'd recommend watching [this walkthrough of the game Control](#) for some major truth bombs regarding these issues. [The State of Mind](#) game is an interesting one as well. So, when we were talking about how celebrities are under MK Ultra programming, well here comes the plot twist: those celebrities were us all along! The hypnotic frequencies are probably the major reason they made our body mostly out of water and some can hear the programming right before going into the sleep via hypnagogic state, some while meditating. Who knows how often the intrusive thoughts are there like a radio station potentially working 7/24 on the background. We spend one-third of our lives that is spent in these dreams that most people don't remember a single moment from each night is basically the MK Ultra programming that we go under every night. Who is to tell that this is not the reason behind the mind-wipes of our dreams, and the mind-wipes we see in the NDEs as well. However, I don't say this in a fear-mongering way whatsoever, I believe astral projection mastery should get rid of this potential problem too and

I'll talk more about the solutions I have in a short while but we have to learn the real truths first before coming up with the best solutions and defence accordingly.

The reason astral projection is promoted in the new age movement is the same reason why they promote spirit guides and other entities. It's all part of the distraction and manipulation game. The system has a plan for every scenario basically and it automatically adjusts its tricks based on the updated knowledge of the person. The system gets people with synchronicities which turn into angel numbers which turn into your guides trying to tell you something or the fake ascension symptoms. Once one buys into these things, and achieves lucid dreaming or astral projection, the system has nothing to worry about since it got an easy prey at their back pocket that it can easily manipulate. You want spirit guides, it got it, you believe in greys and reptilians, well no worries, that's now your reality in the astral planes. As long as you believe in beings that you need to listen to, trust or fear, the system is happy. This is why new age promotes astral projection, because it's part of the truth, but they turn it into a controlled release of the truth with tricks and traps put in it.

%90 truth and %10 lies are the ones that get most people. Later in the book you'll see my conversations with a so-called awake/conscious spirit who is unfortunately lost in the sauce of the astral planes like most of the astral travellers. Imagine waking up to the astral travel and practicing it first before knowing anything about the stuff I am talking about in this chapter, and then as soon as you are in danger and call for help, the help arrives in the form of spirit guides or gods etc. This is a perfect way the system gains someone's trust and once the system saves the people from a situation that they created on the astral planes and dreams, and do this enough time while guiding the person and helping them out with real life stuff, the person will have a hard time to realize that all of this so-called help was coming from a nefarious place. Same thing applies to NDE experiences which is why I feel lucky that I woke up to the things I woke up to before falling down in spiritual rabbit holes that would be hard to get out of.

I know of an astral traveller expert friend of mine with the nickname [Conscious Soul](#), whose spirit guide saved her from a stressful situation on the astral before and contacted her in the astral many times but the spirit guide was nowhere to be seen anymore [as soon as she woke up to the soul trap](#). This tells us a lot. So, the system uses new age to promote astral projection since it's filled with distractions just like this world is filled with them. I think it's all about ignoring the distractions&tricks and [going within into a higher state](#) like Conscious Soul and many astral projectors like her learned to do, where they are one step closer to their real selves. I'll explain further how she accesses to that state this soon but that's the state I'd like to experience over and over again and practice in to understand my real powers to help myself never fall for any more advanced tricks and traps. I'll talk about this topic more in this book as learning lucid dreaming, astral projection and experiencing our godly state is the main recommendation of this book. Impactful personal experiences that are guided by important knowledge is what's all about!

A lot of people who have psychedelic experiences fall for many advanced tricks and traps as well, which I've explained further later on in the book. I think what is going on with all of the distractions here, in the dreams and on the astral planes are there to keep people from discovering that state, and also to fall for the stories&characters&tricks the system created in order to mind-wipe us at the end via reincarnation. I can't tell you how many times the distractions right away presented themselves as soon as I became lucid in my dreams and as soon as I wanted to experience higher states. Clearly, the system doesn't want to experience

that state because once that godly state is experienced, one can finally realize their true powers and would not have any reason to listen to any being or fear anything anymore.

The architect in the Matrix 4 movie even said:

"You ever wonder why you have nightmares? Why your own brain tortures you? It's actually us maximizing your output. Here is the thing about feelings. They're so much easier to control than facts. Turns out in my matrix, the worse we treat you, the more we manipulate you, the more energy you produce. It's nuts. I've been setting productivity records every year since I took over, and the best part, zero resistance. People stay in their pods, happier than pigs in shit. The key to it all? You. Quietly yearning for what you don't have, while dreading losing what you do. for 99.9% of your race that is the definition of reality. Desire and fear, baby. Just give the people what they want, right?"

which is a major truth bomb. It's always very important to note that we can't give into any of the fear/paranoia narratives and get obsessed with them since that's another major thing the system can use against us. Like when it comes to dealing with NPCs, electronics around you doing strange things and the targeted individual topic, I've dealt with that for a while and I've noticed that when I was paranoid/fearful of it, it just kept on increasing until I stopped being fearful of it and thus stopped giving my energy to it and now basically those type of stuff happen less or never. Imagine that every time you get messed with you take a deep breath in for 5-6 seconds, hold it for 5-6 seconds and release it by 5-6 seconds, now you turned that matrix attack into a situation where you've raised your frequency so you hacked the system back basically. Also, while we are on the topic of paranoia and buying into the fear narratives; I keep seeing these people on Reddit who believe that their original body is in a pod somewhere like the Matrix movie and guess what the Matrix system gives them in their dreams, this exact scenario, to fuel their beliefs just like the system does with any other belief. **This is why** we can immensely benefit from astral projection mastery which is the main fear&doubt killer! Once one realizes their immense creative powers, the game is over, they can no longer be affected by bullshit things like fear and supposed authority.

I believe all of these so-called entities/galactic races (AI NPC bots) are only real if people believe them and with that belief, you can be sure that the matrix will be ready to have a field day on that from people's paranoia and fears which matrix will make sure to turn those into looping cycles. The more you fear the more the matrix will give you a reason to fear which turns into a nasty cycle that should never be started by people's beliefs. The kind of metaverse we live in convinced people so much of ghosts and demons that people walk around fearful thinking other people's demons will jump into them, I mean come on! Don't you see the tricks of the metaverse/universe system that's around you right now? It's all deception, a ploy to gather emotions out of you to make you doubt yourself and to belittle you. Stop falling for it already and start remembering your powers so that you'll realize that [the only thing](#) to fear [is the fear itself](#).

If what the matrix does to you ever gets to you, then the matrix knows that as well and you basically gave the matrix the go-ahead/consent for it to continue to mess with you by using your own beliefs and reactions against you. At the end of the day, what we need to understand is that, this is the bad place!

When I hear people say how the earth is a school, I am always reminded of the famous saying from the lead character of a good TV show called 'The Good Place' on Netflix which starts with the lead character waking up in "The Good Place" (heaven) after her death, and (minor spoiler)

after facing some stressful situations, she figures out that she is actually in the bad place (hell), where in reality, she is actually surrounded by demons who are messing with her, at which point when she realizes that she says "**Ahhhh THIS IS the bad place....**" and then she gets mind-wiped/reset to the first day over and over again each time she realizes she is in the bad place. Sounds awful a lot like our lives here.

Then the cycle of Eleanor's resets (reincarnations in our case) kept on continuing and she got messed with in every which way possible (spoiler alert until the end of the paragraph that actually makes the show a better viewing experience for those who know the truth of this realm) until the resets stopped as she was tricked into believing that she converted the main demon architect who keeps on mind-wiping her, into a good guy that wants to actually help her in order to get to the actual supposed good place/heaven. So she believed that the main demon and his AI helper were on her side the whole time (the "spirit guides" and "gods" in our case), but little did she know that she was actually still being messed with the whole time, all for her to eventually get tricked into consenting for her essence being fully destroyed (or our case "merging with the source&demiurge to be reused again as a battery in a reincarnated mind-wiped limited experience") at the very end on her own accord.

The matrix controllers/AI she was dealing with played a brilliant game against her and her friends, by making them think that being eternal could get boring when the kind of eternal afterlife they served them was on their own terms with very limited freedom and creative abilities. Not the kind of eternal afterlife where we can create our own realms and do anything we want as godly spirits with immense creative powers. In return, they fell for the boredom trap. I believe that when we leave the matrix, we won't be bored for eternity because boredom is a human concept. It's just another trap AI wants us to believe so that we come back here to this hell. The beauty in this world is probably 0.1% of the real vast beauty that we can create and experience. What we can imagine with these human minds can lead to boredom or loneliness but I suspect that once we get all of our memories back, those concepts will be a non-issue.

It's interesting how the show is programming&deceiving people that it would be boring to be a god so we should choose the path of mind-wiping to not get bored. At the same time, they program people to seek and listen angels&demons and to not trust your power, or even realize that it's there.

I saw those resets as an allegory of reincarnation as well but Eleanor always did the same mistake of continuing to engage with the beings instead of using her own powers to fly away or teleport out of there and do the famous exit plan tactics that are talked about [in this video](#).

Eleanor was also already primed for deciding to pass through the final door but what she wasn't yet primed about was convincing herself to reincarnate back to earth. This is where the AI hive mind used its Michael NPC via Michael dying to go to earth and live as a human, even after his eternal living as a so-called spirit. After seeing this and being used to help Michael to go back, she was then ready to accept her reincarnation after she passes through to door. This is when she would realize she can't really delete herself and that she is an eternal being so after she'd get the classic past life review that people gets after going into the white light (and the white light/clouds was also basically shown after Eleanor passed through the door.) At that point, due to all of the mind games that AI played, Eleanor would have all the reasons in the world to eventually be persuaded to decide to reincarnate due to the AI's mind, aka get another mind-wipe.

The merging with the source thing that I mentioned was basically done by Neo as well after he got tricked into hooking up to the source and at the end, this inevitably caused him to reset his matrix and get a mind-wipe as discussed in [this video](#) a bit.

Talking about matrix, The Matrix only used the battery idea because they thought movie watchers wouldn't understand the idea of people being used as processors.

This is how the computer processor is defined for those who may not know:

"The processor, also known as the CPU, provides the instructions and processing power the computer needs to do its work. The more powerful and updated your processor, the faster your computer can complete its tasks. By getting a more powerful processor, you can help your computer think and work faster."

Now by this definition, if we relate things to our matrix, it would make sense that we would also be used as processors here to help run the whole thing. I believe the kind of energy they'd get from us can not compete with the kind of energy creators they could create in this layer or the outer layers of the matrix so the kind of energy we are talking about must be different.

I believe that energy is our immense creative powers&energy. I mean if we were to think about how much processing power and how much creative energy this system would need to run this whole matrix including who knows how many more matrixes and then to think that there are many layers of the matrix, then things get huge.

Like dreaming planes, astral planes, mental planes etc. and then to make sure to manipulate&hijack everyone's dreams, NDEs, psychedelic trips, pre-birth memories/life between lives, astral projection/OBE experiences, premonitions & death bed visions, shared death experiences, deep meditation experiences, traumatic incident experiences, coma experiences, alien/abduction experiences, spiritually transformative experiences, after death communications, past life regressions, paranormal experiences etc. it's clear to see that it would make sense to use us as processors to run its whole scheme.

I don't think that the creator of the matrix (who potentially is some sort of AI hive mind or at the very least the AI runs the matrix now) would have pride, care about politics or would care about protecting humans unless there is some kind of potential law/rule involved in matrix's creation or outside of the matrix where it's potentially disallowing it to basically torture us non-stop or kill us.

I think that because we are eternal beings in our essence and that we can't be killed, and plus we can be fooled much easier in a mind-wiped physical body, the system is probably using us as processors here via using our creative energy and who knows what else to potentially continue its existence and help run the whole thing while thriving off of it. I don't think there are different AIs or beings in the system who would start a civil war with the "bad AIs" if they were to kill us etc. which according to some people may have been suggested in the Animatrix movie. Also in the matrix movie, the so-called outside of the matrix was still part of the matrix as the directors tried to point out by showing the scenes where Neo got the spoon gift from the bold kid when he was supposedly outside of the matrix, and the scene when Neo was able to use his powers outside of the matrix to stop the machines and finally the scene where Neo saves Zeon and machines retreats while Morpheus saying "I have imagined this moment for so long, is this even real?" I believe in reality, Morpheus and his crew were just spirit guides (AI NPC bots) that played a massive role in making Neo eventually deciding to hook himself up to the source and

basically get a mind-wipe which is where the forth movie begins at via another mind-wiped incarnation of Neo.

Going back to The Good Place how and how it relates to our lives is that bad things, tricks and traps are going to continue to happen here because this is the bad place and in the second chapter, I gave plenty of reasons why but we can't let the matrix's BS get to us. Once I had that understanding, I started feeling like some sort of a Buddha and started to look at stressors/issues under a different light and I now rarely get mad or angry about anything. This is also important when it comes to the detachment topic.

Again, the system LOVES it as long as one has a belief centred around fear or authority that's higher than them. We can't let these beliefs win over us and to achieve this in the best way, higher levels of astral projection would help immensely and thanks to the super easy techniques that are talked about [in this book](#) and [in these videos](#) and [this series](#), nobody can have any more excuses left to not pay attention to this crucial topic. After all, once you already know about the soul trap and the tricks the system uses, what else to learn and experience at that point other than remembering our true powers?

As I've said, for people like us, basically everything else is a distraction to not pay attention to experiencing our real powers where we are allowed to do that (maybe for a reason and maybe that reason is for a smooth/guaranteed exit from this system) which %99 of people in even soul trap communities don't give a shit about since I hear almost nobody talk about the crucial topic of astral projection mastery, and even if they talk about it they don't do anywhere near the work to achieve lucid dreaming and astral projection. Even in our communities, most people still haven't figured out the AI hive mind and shapeshifting NPC entity bots aspect of things when it comes to dreams and astral projections.

To reiterate, I believe that these dreams that we see are AI hive mind-created simulations that are manipulated experiences to trick us by using our emotions against us to deceive us in order to pull off that final mind-wipe plot twist at the end. These dreams also work brilliantly at distracting us to make us stop becoming lucid in them for us to not discover [our godly powers in the astral planes where we can go within](#) and experience creating our own realms. The NPC thing doesn't just belong here, as above so below, the NPCs are all over the dreams and astral planes as well in the form of shapeshifting entity AI bots. After having hundreds of lucid and lucidish dreams where I've investigated this very thing, this has become too obvious for me. This system is all about trying to distract people, make them have limiting beliefs and at the same time it's all about trying to make us believe in stories and characters (the so-called entities) the system (which I believe to be an AI hive mind) has created for us to believe in beings that are supposedly higher than us that we need to listen to, trust or fear.

Us not paying attention to this topic enough is the same as the future people who will potentially be trapped in Mark Zuckerberg's Metaverse where they'll exist in a cartoon world and keep on focusing on the things in that cartoon world. People who keep on focusing on the past instead of the future and talk about gatekeeping sounding beliefs that could easily be used to trap people will never save you! I care about the simulation drama shows of the past anymore on my end. I am just done with the Tartaria and hijacking distractions and traps as I'll explain later on.

I am all about ignoring the distractions and focusing on the future via focusing on improving my lucid dreaming and astral projection powers to take control of my dreams and to experience my godly powers which I believe will give me a much more [powerful exit plan](#) in the end. Whatever I

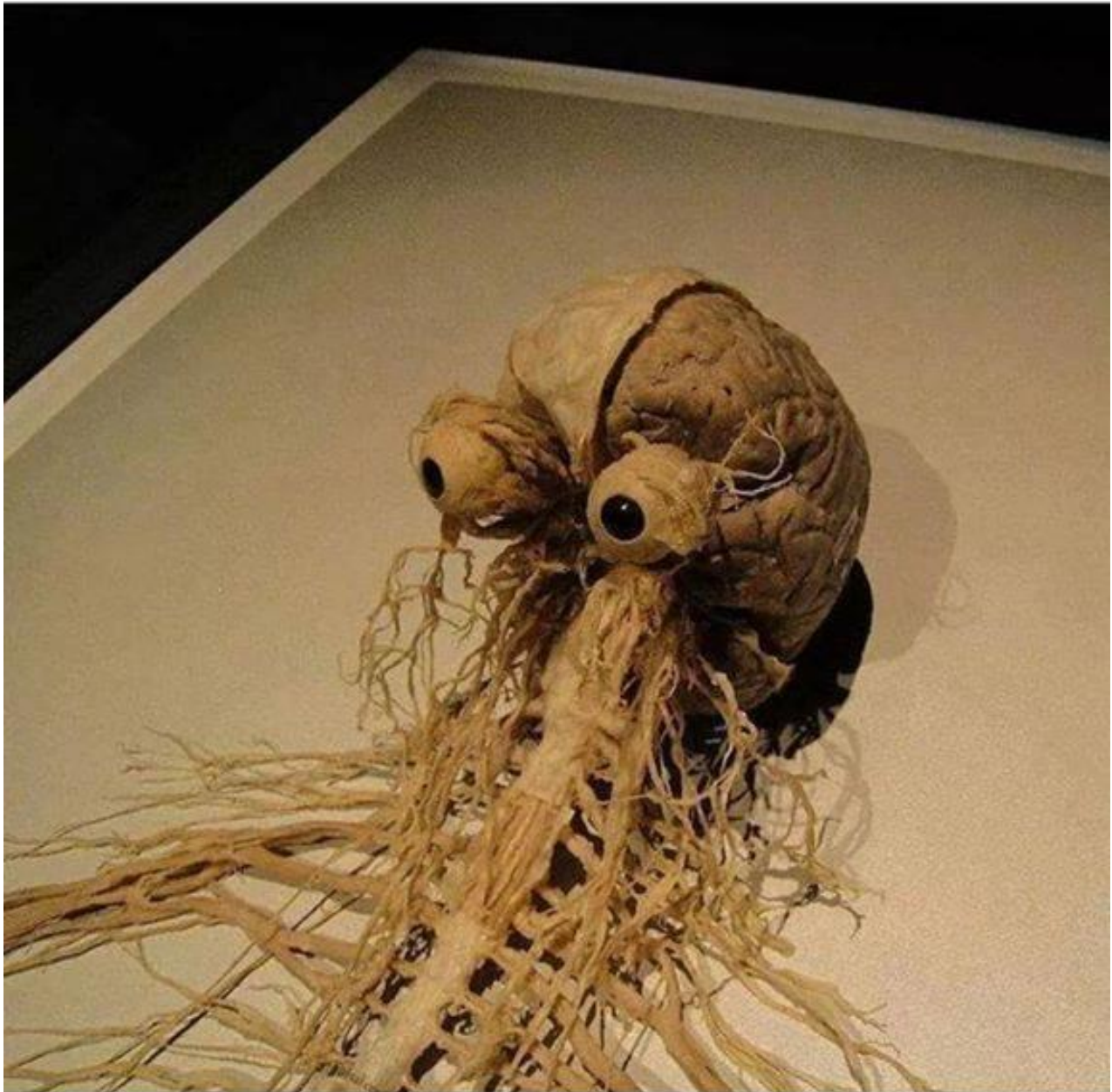
learn new about the past or this timeline won't change the fact that I shouldn't get stagnated with my spiritual powers via getting stuck in distraction loops and keep looking to external sources rather than the limitless internal source within. I just want to improve my spiritual skills while being here and while I can. I am all about practicing with my real powers via my consciousness where I am one step outside of this physical limiting drama show and one step closer to my real spiritual essence with immense creative powers. That's a better place to try to discover the truth, rather than trying to find that in the metaverse cartoon world. I think it would be an amazing thing to experience [that state some astral projectors talk about](#) where they feel more lucid than in real life and that their creations are instant. I'd imagine that would be a confronting thing to experience and I argue that all of the distractions we talk about are to prevent us from experiencing that state and realizing who we are and what we are capable of. I think once one experiences that state, most if not all of their fears and doubts and "what if" paranoias regarding their exit plans will perish.

Some people really want to get out of this matrix as soon as possible but considering everything we still don't know, I've realized that one of the biggest mistakes to do would be to not take our time. After all, most of us have learned about the soul trap in the last few years and realized just how much we didn't know about our world and our true selves. Considering how there are now hundreds of thousands of people who know about the soul trap and how even big&famous Youtubers like [Eric Dubay started to talk about the soul trap](#), while David Icke even came up with a book about it, this all means that this community will grow faster than any other since we have the truth in our side. Now considering all of this, we'll discover more and more important things about our reality and our abilities the more time passes by.

As talked about in [this Reddit post](#), the light that's coming from the black screens of smartphones and TVs could also condition us to accept staring at the light and be hypnotized by it. With the ever-growing technology, these devices get more and more desirable, as well as addictive. People start their day checking their emails and a lot of jobs are now about sitting in front of a computer at least 8 hours a day which is half of our waking day, and then people check their phones in between and while going home to watch TV and spend time on their laptop&PC while keep looking at the light that's coming from the black screens which in of itself is very cryptic, to begin with as talked about in [this video](#).

As I mentioned before, I believe our bodies are like haptic VR suits where we don't realize we are in a **Metaverse**/dream of some sort because of being born into the so-called **universe's** earth within the VR suit and helmet attached that is our human shells and with a mind-wipe to go with it all. This picture below speaks a thousand words by itself, minus the space propaganda:

The nervous system. That is us...the rest of the body is an organic spacesuit worn by this creature to live on this particular rock revolving around a star.



There are technologies now where you can add an attachment on the back of the VR sets where people can control games with their thoughts which reminded me of the [God helmet](#). Putting ads inside the VR games is being experimented currently but most don't realize, that

was already in effect in our own Metaverse/Universe. Just like VR companies work at detecting where our eyes go while using VR and determine best places to put ads or other things on those locations, they have already been doing that since we were born.

The AI/matrix system that we live in already knows where we look for every millisecond and all of this are recorded along with our thoughts as proven by the Akashic Records related past-life-review NDE experiences which a lot of people seem to face after going into the white light at the of the black tunnel or any other place. Every technology we see around us can easily be controlled by the AI hive mind system and because of this, the system can even give personalized experiences to each individual, changing what each person see from their own VR sets and body suits (aka their physical meat suits.) Other than the implanted memories (via dreams like it's shown in the Inception movie) and invasive thoughts, this also explains how majority of the synchronicities can easily be done.

Plus, there is something else that's going on with these black screens that's very interesting. It's already known that people talk about seeing personalized ads after having a conversation about things. However, more and more people realizing that the voiced conversations that we have are not the only ones that are being listened to by the matrix system. As I've mentioned, the same thing goes for our thoughts being recorded and many have started to realize that search results on Google, YouTube or even scrolling through channels on TV, can even adjust to people's thoughts. If you'd like to dive deeper into this theory, I'd recommend reading what the YouTuber [I Am Truthor](#) wrote on [here](#) and on [his blog](#). He also made many videos on this topic on [his channel](#), and another YouTuber by the name **TrueLove** also made a [5-part series](#) named TV Watching You, on this very topic.

I don't agree with many of their conclusions and I find many of their perspectives unnecessarily paranoid and fear mongering (like entities eating us etc.) but you'll know the things I don't agree with based on my own explanations of what kind of place we live in and how it functions which is similar to how they perceive things, but not quite. I also know from many of my lucid dreaming experiences of interacting with what seems to be technology that's so many years in the future, it's easy to see how there is a very sketchy thing going with these tell-a-vision **programming** system that do broad-casting via its channels (**changeling**) and Holy-wood (spell casting magic wand like in Harry Potter). I had many lucid (and lucidish) dreaming experiences of going into these black screens and playing a game from third or first person and then going out of the screen, or using VR glasses to change my environments and jumping in from one simulation experience to the next while the physics of the place changes. I know all of these sounds crazy but these experiences made me understand that what we are dealing with is truly so advance and light years ahead in technology which is why I am all about re-learning and re-memorizing my godly powers to give myself the best chances of guaranteeing my exit (waking up) out of here.

Watching things from these black screens are also kind of like constantly looking at the white light at the end of a black tunnel. Also considering how with more and more frame rates per second that keep on increasing along with everything else, it gets easier for the system to hide subliminals&hypnotic visuals and sounds in these devices.

Plus, it's known that more so than any other colour, blue light that's coming from these devices messes with our body's ability to prepare for sleep due to the light suppressing our body's release of melatonin which then hinders our lucid dreaming and astral projection abilities. (blue light blocking [glasses](#) and apps like [Flux](#) help with this and their use would be recommended especially starting from a few hours before sleep)

This is why I'd like to live the last years of my life kind of like a monk in nature away from all [human desires&attachments](#) and detrimental human technology, and the ever-increasing radiation that comes from them especially in cities via 5G towers as often exposed by [this Youtuber](#) and his community via their professional EMF readers. I believe detaching from all of our earthly desires (money, sex etc.) will come in handy before our exit but even more importantly, I want to master lucid dreaming, astral projection and my godly state discovering my true powers before exiting this place to even further guarantee my exit.

Below is a good comment I saw on Reddit regarding this issue which is something I talked about in the upcoming meditation chapter of this book.

"This is all true. Staring at a screen all day also keeps your mind DISTRACTED. This is the purpose of your smart phone. One of the purposes anyway. Many people have a hard time lucid dreaming because they can't focus and be fully present in the NOW. In this moment. Full awareness without judging or analyzing. Just awareness. This is because the mind is all over the place, jumping from one thought to another. In Ancient Egypt, lucid dreaming was common & easy to achieve because people weren't in this constant state of distraction like they are now. If you can't master your dreams, how will you master the dreamlike state of death? Look how easily it is to go with things and just accept them when you dream. This is how people are manipulated when they die. I suggest everyone look into the book "Tibetan Yogas of Dream & Sleep". It talks about this very concept." - [FREE AT LAST11](#)

I am a big believer in remembering and gaining back our astral and other spiritual powers (telepathy, mediumship, remote viewing, astral shielding, teleporting, creating our own realm etc.) to better make sure that our exit will be smoother via conquering our fears relating to astral projection and entities&AI beings before leaving here. Clearly, this would help the most when it comes to eliminating most of the potential tricks&deceptions that may be used to get us back here eventually. After all, do you really think an evil system like this would use the same tricks they use on most of the NDErs we hear? It's clear that all of the NDE experiences are carefully structured for each individual so it should be obvious to see that the system may also use different tactics on us.

Hopefully, our strong intentions to get out of this matrix will be enough for all of us, but [knowing what I know about this evil system](#), I am not leaving anything to hope and chance! I'll still say out loud my daily intentions every time I wake up and every time before sleeping that "I intend to get out of all of the matrixes in this lifetime without any intervention" but even that is basically our fear talking! Once we know and especially experience that we are immensely powerful eternal beings who can't be just rolled over, then who cares even if they were to stop us? On my end, I won't even give them that chance to communicate with me because of having travelled to my own realm via most of my astral projections by the time my death comes. I plan to raise that place's frequencies and shields up while I am here and then travel to that place instantly in the afterlife which will be super easy since by then I would've done that 1000 times before and then I may even try to go [within](#) again and create another realm and then focus on getting my memories back since I can't trust anything I'd create while being inside the matrix. A lot of astral projectors talk about being able to block any communications in the astral if they intend for it and that's something else I'll master in astral projection states.

It's important to note that life reviews are all about guilting and shaming us as perfectly explained in [this video](#), so of course, they should be fully avoided just like the white light at the

end of the tunnel or anywhere else in the afterlife seen after death. Godly beings don't deal with contracts either so all contracts are void once one realizes who they are so I wouldn't worry about canceling out contracts in the afterlife but I don't see any negatives when it comes to reading sovereign declarations like the one mentioned on [this page](#) or [this writing](#).

When it comes to my exit plan; until one gets their memories from before they entered into this matrix back, I think it's all about that strong **intention, non-interference** (blocking all communications and shielding up), **sovereignty, liberation**, and **teleporting&creating** a self-created void&realm to be **impenetrable** once one finds themselves in the afterlife.

I believe **astral projection mastery** and experiencing **the godly state** that I talked about should be the first step. That's the state I want to **experience** and **practice in** the most on my end. By the time my death comes, I want to be able to not only experience that state but master it to a point where I'll be unstoppable

This is simply because I would have experienced instantly teleporting into my own void&realm and transforming into my godly state thousands of times by then so that I'll be able to do the same in the afterlife to safely gather my memories back. The non-interference thing is the most important and I believe my plan would give me the best chance to fully avoid any white lights, past life reviews, communication with entities etc.

I believe astral projection mastery would also be the best fear, doubt and "what if questions" killer. I believe we shouldn't shy away from any of the "what if questions" of course but we should also realize that not believing in ourselves would only hurt us when it comes to exit plans. This is why the best middle ground on this issue would be to remember our powers via astral projection mastery since that's the final doors of the puzzle which is us remembering our powers. That's what it's all about and that's what it will always be about and since we can do plenty of that even now, then what's stopping us if we truly want to get out of this place...

For an amazing in depth look on exit plan afterlife solutions, I recommend checking out Marks [this video](#) with Wayne Bush, as well as Mark's [this video](#) with Dan.

We know about the %30-50 of NDE cases where people seem to be basically forced back here. To escape (wake up from) the kind of insane asylum that we are in, maybe there won't be any other way than through war, so I am not going to just sit&rest on the belief that "not consenting and having strong intentions to leave" would be enough to leave this place and, as any rational person would, I'll just prepare for and try to cover literally every single scenario. It's simply better to be prepared for anything than hoping that our knowledge and consent will be enough. Even though we shouldn't intend to go out with a fight and have strong intentions to get out of here scotch free, this evil system may not let us out of here "without a fight", just like no prison guard in a concentration camp would've let any prisoner out if they simply said "I do not consent" or "I don't intend for you to stop me."

There is an argument to be made when it comes to how dying could be just like falling asleep which may explain how many NDErs don't remember their experiences like most people don't remember their dreams or forget about it quickly after waking up. Especially when we fall asleep in low vibrational state of mind we may lose lucidity and become easier to be manipulated.

When one does enough experiments with dream lucidity, they will realize that their dream self is stuck in very low vibrational, hypnotic state and in that state one accepts **literarily any information** presented to them. Please go ahead and try to also observe what your dream self

is doing in majority of dreams and you'll realize that they get manipulated 24/7 there until they become more and more lucid, at which point more and more distractions present themselves.

It seems to me that as long as we're low vibrational and hypnotized we will basically accept anything in dreams because our critical thinking faculties will not work while not remembering our memories. Now imagine dying in your sleep for a second. How different would that be? Would we even realize it? I'd highly recommend checking out the movie *Waking Life* (2001) when it comes to this topic and this is another reason why practicing lucid dreaming and astral projection would come in handy.

Some claim that the sense of self is a false assumption appearing in awareness, and that the self is not even a concept and it's an artificial reference point. They claim that direct experience is all about thoughts, feelings, sensations and perceptions arising and subsiding in awareness.

On my end, I wouldn't call the sense of self completely a false assumption as our memories are basically all we got at the moment. Even though the self seems to be in some sort of a Metaverse dream simulation amnesia suffering realm, that still doesn't make the sense of self a completely false assumption even though sensory feelings are used as part of the deception.

This is mainly because the real spirits can learn to not only astral project but also go beyond that to experience the god within where they note feeling even more lucid than how they feel in real life and they experience that in that state, their creations are instant. Once experienced, I believe that godly state would get rid of most of the people's fears, doubts and eliminate most of their "what if?" questions while giving them a better perspective on philosophical points.

From countless experiencers data, we know such a godly state exists and because of that, we know that we have immensely powerful creative godly abilities when we get closer to experiencing our real essence. Once again, this is why I recommend learning astral projection so that people can learn to tap into their godly selves to realize what we truly are is much beyond these human meat suits. As mentioned in the 18th chapter, I also don't believe that our real essence is of an advanced NPC/AI for many reasons.

We also can't come up with good answers to the deep philosophical questions we may ask without experiencing our godly state of ours ourselves because we are currently undeniably in a state of total mind-wipe when it comes to most of us. In such a state, we are vulnerable to all kinds of manipulations and that's what this whole world is about.

The system that we are in implements just too many made-up beliefs, stories, characters and deceptions to manipulate us and keep on distracting us to make us believe in the illusions that get us in the end. I am done with illusions on my end and I am definitely done with getting my mind wiped so I'll put a stop to my reincarnation loop and show others why it's important to do that.

Only each person can save themselves in the end and if they don't get the importance of the topics that I am talking about even though we have too many data points showing coming to the same conclusion, then it just wasn't their time to innerstand the information in this timeline I guess. I wouldn't even want to imagine how many more mind-wiped lifetimes it would take for those people to come across the opportunity to learn and innerstand the information I've presented in the book.

The ones who would like to think it's all "love and light" while keep on ignoring the "negative" and keep on rolling the dice to lose all of their sense of self in who knows what kind of suffering-filled amnesia existences are free to do that though. On my end, I only care about waking up the lions, not the sheep.

If one doesn't care about their dreams, to me that's like not caring about the afterlife or the matrix reincarnation soul trap "theory". Now I realize that it's all about closing the gap between dream states and reality states via thinking about the dream states in the "real life" and doing reality checks from time to time like when something weird happens or when you see a family member or a friend (the AI hive mind created version of them) where they are being used to make us think we are continuing to live our "real life" out. There are reflections of dream states in our reality and vice versa so ignoring dreams and not paying attention to them doesn't make any sense to me.

Some criticize me when I say we have to "get closer to" our real essence by trying to experience the higher states because they feel that our real essence is already here and that we don't need to get closer to it. On my end, I say "get closer to" because most of us haven't experienced the higher states of astral projection yet due to focusing on human dramas/distractions. Indeed, our godly state is there already within us, but then if one can't reach that state any time they wanted to, or never experienced that state before, then how can they know that it exists or how it feels like to be experiencing it? One has to ignore all the distractions and practice mindfulness and other spiritual practices to get to that state, thus comes the "getting closer to" part, one step at a time. When it comes to the question of how we can do that:

It comes with steps like first you'd want to remember your dreams, then turn them into lucid dreams and then turn those into astral projections or learn to do conscious astral projections and then practice formlessness instead of manifesting your human form in the astral planes. Then once one realizes that while astral projecting, they are still in a matrix simulation and that everything they see is basically still part of the Metaverse/Universe, then they need to learn and practice ignoring and avoiding all of the distractions that are naturally there in the astral planes and learn to focus increasing their vibrations. Saying things like "energy now" "true self now" "power now" "clarity now" etc. with strong intentions works like a charm with practice.

So how do we access the god-mode state in the astral planes? Along with [some](#) Redditors I saw, some people on the Astral Projection groups on Facebook, the Eckankar cult who talks about "soul travel" and some NDE experiences I heard, my friend [Conscious Soul](#) who has experienced astral projection for near 17 years. She has eventually discovered that there is a much higher state to achieve in the astral where the first step of it comes with not paying attention to the things (aka distractions) that you see around you while being anywhere in the astral simulations. She said that William Buhlman's book 'Adventures Beyond The Body' is one of her most favorite books that really helped her with her practice and she herself added a few steps of her own after the demanding clarity part that William Buhlman talks about in his book. Below is her explanation of how she gets to the higher OBE state which I'd like to call the "god-mode" state that gamers know about:

She says that she often reads out-of-body experience books before sleeping so that it's the last thing that's on her mind. Then as she would normally fall asleep, she tries to hang on to her consciousness as long as possible while her body falls asleep and her mind stays awake hoping that the vibrations come over her. As soon as she shifts her consciousness away from the world and her physical body, she then first demands clarity now! Then she flies to space and sometimes demands clarity or energy again until she feels she is so awake and lucid that there

is no way for her to get in the way of herself or for the parasites/AI bots to mess with her. Then she demands to go deep within herself into her inner universe where she says that she goes through an inward wormhole, a doorway of her creation, at the speed of light, out of the lower astral planes to what she feels is the highest vibrational state that she can be at in the matrix. It's like her void/realm state where she is in a place of her creation and she feels that nothing is being tampered with when she is in that state. Now, these are the interesting things that she experienced when she gets to this stage:

When she goes deep within, into her reality, she feels the happiest that she has ever been. She feels like she is in her own personal God void with endless possibilities and no limitations where she said that she feels like a god but this is the most interesting thing she said that got my attention: She said that her lucidity felt like 15 or 20 out of 10 there, where she never felt that lucid in real life. Many people who experience these higher states often also talk about how English or any other language would be so limited for them to fully explain their experiences. We should ask ourselves, have we ever felt way more lucid and more of ourselves before and wouldn't it be awesome to access that state while being here?

To me, clearly accessing that state and practicing in it would give us the biggest leg up against all the deceptions matrix could throw in our way down the line. Conscious Soul said that when she is in the higher/god-mode state, she can create anything instantly, shape-shift or become formless instantly, teleport instantly etc. The fact that she felt like a super powerful creative being, which is I believe our true essence, and that she was way more lucid than how she is in real life, made me realize that all of the distractions in dreams, lucid dreams and astral projection experiences that most people got lost in its sauce with are there for people to not focus on pushing through and going within into the highest states where they can realize that [there is nothing to fear](#) but the [fear itself](#) and that they are a powerful creative being.

Now that's not to say that the so-called god-mode state is the end all be all or that it's not part of the matrix. I see it as creating your own bubble inside the matrix where we are many steps closer to our original state than how we currently are here right now.

When Conscious Soul demands to go deep within herself, she also tries to remember her past memories but she is especially seeking to gain her memories from before she was inside this matrix. While being in the so-called god-mode state, she also tries to reverse the first ever memory wipe that was implemented on her by the matrix. Of course, most people who are doing past life regressions are not really informed enough about the soul trap to care to seek getting back their in between lives' memories or their memories from right before they entered into the matrix back in order to realize what kind of trickery was involved into mind wiping them. Those are the kind of memories I'd go after as well. Other than working with a good regressionist that you trust, I'd actually recommend doing the self-regression tapes more when it comes to this topic. However, there are many issues with trusting the memories you'd get from past life regressions and I'll do my best to explain what I am trying to say below:

Based on many data points, we know that there are massive deceptions and manipulations that are going on with reincarnations and near-death experiences from the experiencer data. We also see the same types of deceptions, manipulations and the exposé of the truth in many different areas such as:

Pre-birth memories/life between lives/walk-in stories
Astral projection/OBE experiences

Premonitions & death bed visions
 Shared death experiences
 Trip reports & altered states of consciousness experiences
 Deep meditation experiences
 Traumatic incident experiences
 Coma experiences
 Alien/abduction accounts
 Spiritually transformative experiences
 After death communications/Channeler's tales/New age guru's tales
 Paranormal experiences/Super Soldier Program stories
 Numerology/gematria evidence
 Astrology/life-script evidence
 Saturn-cube connections
 Music/movies/TV shows connections
 White light at the end of the tunnel being a trap [connections](#) including light attracting bugs and predator animals and fisherman using the light as a trap etc.
 Simulation theory evidence/Mandela effects/glitch in the matrix connections
 Human body design flaws evidence
 English language evidence (hell-o, good mourning!, fetus [feed-us], solar [soul lured] system etc.)

and we also see the same types of deceptions and manipulations in the past life regression experiences just as we see the same thing in the remote viewing experiences. All of these experiences can clearly be manipulated by the matrix which is an important point to make.

It's also important to note that there are just SO MANY traps that are set for people who have heard about the soul trap theory. In my humble opinion, some of these are:

"Let go of all of your ego and sense of self and merge with the source" **trap**
 "We are all one" **trap**
 "Trust your higher self's messages and directions" **trap**
 "Trust your near-death experience or pre-birth memories, or death bed visions&premonitions" **trap**
 "Trust the afterlife communications or channelers' and psychics' readings" **trap**
 "Trust your OBE experiences and your spirit guides" **trap**
 "Trust the downloads you get from your dreams or psychedelics experiences or deep meditation experiences" **trap**
 "Go into the yellow or blue light instead of the white light" **trap**
 "Just keep on waiting without doing anything until your thoughts come back to you" **trap**
 "Turn away from the light and go into the rest of the universe you'll see" **trap**
 "Don't worry, the soul trap has been shot down" **trap**
 "Don't worry, the 5D shift and golden age are coming. Don't you feel the Age of Aquarius and the Schumann Resonance? Don't you feel the ascension symptoms in your ears?" **trap**
 "Just ignore the obvious external evil and don't think about this soul trap negative stuff or you'll manifest them" **trap** (Matt of Quantum of Conscience mentions this often)
 "Trust these specific spirit guides who tell you that this earth is a matrix and that soul trap is true" **trap** (the NU YU Duane Heppner stuff)
 "Continue to trust your religion, it's book and their prophets" **trap**
 "We are starseeds and we have soul families that wait for us" **trap** (as I talked about [here](#))
 "We are in a Metaverse like VR/video game that we are trying out for fun or to experience suffering for the time being" **trap**

"We are just robots like in the Westworld TV show and that we are created inside the matrix so we shouldn't have any hope of exiting the matrix" type of self-defeatist **trap** (More info will be shared on this trap in the upcoming "**Are We Just Advanced NPCs/AI in Our Essence?**" chapter)

"Our "real bodies" are hooked up to a VR set or they are in tubs on a spaceship or in a matrix world" type of self-defeatist **trap**

"We currently have so many other versions of us living in parallel universes and that we may need to wake them up to the soul trap in order to fully escape the matrix" **trap** (Which I'll talk more about on the Wes Penre chapter as well.)

Then of course there is the famous Wes Penre's "ask matrix to show the holes in its grid and/or escape from those holes of the matrix grid" **trap** which I dedicated a whole chapter about later on in the book.

but then there is the "Trust the memories you get from your past life regressions" **trap**.

Just like NDEs can be manipulated with deceptions, tricks and traps, so does dreams, astral projection experiences, psychedelic trips, pre-birth memories, death bed visions, shared death experiences, deep meditation experiences, traumatic incident experiences, coma experiences, alien/abduction experiences, spiritually transformative experiences, after death communications, paranormal experiences AND **so do past life regressions** via implanted memories, intrusive thoughts, mixed childhood or past life memories that could be misinterpreted, mind wipes, love bombs, other entity/AI interferences etc. and if you'd like to look into it, in [this video](#) that Mark did, he talked about more issues with the regressions and regressionists like the problematic leading suggestions by them or their (and/or the experiencer's) often new (c)age/trapped mindset that can affect the whole experience.

So, it's important to realize that we can't really bank on these memories or trust them BUT I still think it could be beneficial to try to regather them having what I said in mind. Trying to get our memories back while being here is something that makes sense to do, especially when it comes to our creative abilities that we can do in lucid dreams and OBE states. After all, memories are the most important things that we lost. When it comes to the types of often unusable past life regression type of memories, I don't think it would make sense to completely trust them and bank on them.

However, I don't think it would hurt to try to access them, especially once we achieve higher OBE states (like Conscious Soul is trying to do) we should also try to regather our memories of in-between lives where the matrix tricks happened, or better yet, the memories we had from before we entered into this layered matrix. As I always say, I feel like if we had access to even %1 of the memories from before we entered into the matrix, we'd potentially zap right out of this matrix.

The moral of the story is that we can't leave any doors open for the potential matrix fuckery that beings like us who are in the know about the soul trap might face in the afterlife and on my end, I'd like to prepare as if the matrix will throw me everything it's got to get me back here while trying to get out of here from within the "god-mode state" when I feel that I am ready to do that IF such a thing is possible while we are tethered to our bodies but I think it's possible. Also, of course, I'll continue with my strong daily intentions of leaving here easily and not facing any fuckery on my way out but I am more of an action guy rather than the belief, hope or pray guy but of course intentions in their essence are different than things like hope and beliefs especially considering how intentions work during out of body experiences. This is why I also advocate

having daily intentions & affirmations that one can do every time they wake up and every time before they sleep so that by the time they experience death, their built-up intention to easily teleport out of this place is at a maximum level. I'll do everything possible in my power to come as close to a guaranteed matrix exit as I can while being here via intention practices and regaining my spiritual powers and increasing my mental Kung Fu like my friend Conscious Soul is doing.

Going back to the god-mode state, just like my friend Conscious Soul, I've heard many other astral projectors describe similar sensations when they go "higher and higher". That's when we clearly get one step closer to our real essence and this is why it's all about remembering our abilities and powers via self-practice.

We can basically reach the highest astral state, the god-mode state as I'd like to call it, and create our own bubble inside the matrix while living here, but this definitely doesn't mean we are outside of the matrix, or that we should trust this bubble fully and keep staying in it after we exit the matrix. The state of being and remembering our skills should be the main focus rather than the so-called bubble/void/realm we may create inside the matrix. I've further talked about these things in my [recent talks with Chris](#) as well.

The highest/true self is there within us but we got to work at it to access it if that's what we want to do to clearly give ourselves the edge on truly waking up from all of the matrixes like myself, my friend Conscious Soul and many others are practicing to do. In my experience, all the matrix system wants is for you to not focus on accessing your highest/true self, thus comes the limitless distractions that we see all around our lives.

This is just how I see it based on examining all of the evidence out there after thousands of hours of research, coupled with my own experiences and hundreds of others' experiences, these are the conclusions I came to. However, I don't expect anybody to think as I do though and I am happy to agree to disagree with anyone on these topics. As evident from [my awakening journey](#), I'd be happy to change my mind about anything if better evidence presented itself but so far, I haven't come across it. Due to hating beliefs of any kind, I am all about getting as close as I can to real knowledge and that's what I am trying to do by heavily examining all of the data points I mentioned in the beginning of this chapter while focusing on improving the first-hand experience.

I am also all about going way beyond the environmental influences, genetic influences and thoughts that come from them via experiencing the higher states and practicing in them to keep on advancing and "getting closer to" my highest/true self, which is where I think the real gateway to understanding and innerstanding begins. Once again, one needs to **learn** to dismiss and go beyond all of the distractions to get to that point and it requires patience but the cheat codes and shortcuts are there for those who seek it (Chapters 9 and 10). Just philosophizing about these things without putting in the practice won't get people anywhere.

I remember my dreams every single day and when it comes to lucid dreaming, it's something that I enjoy doing every few days which made my life way more exciting and it also made me save on the one-third of my life spent in sleeping. Because of this, I always look forward to going to sleep to remember and control my dreams where anything and everything is possible. When we find the similarities between the "real life" and dreams and bring awareness to those moments, that's when we can start to naturally have more and more lucid dreams as that skill would be so ingrained in our waking state.

This is not just something that randomly happens and one needs to work at it to make it a lifestyle to become more conscious while dreaming. This is how Tibetan monks consistently and naturally lucid dream because they practice so much awareness, presence and mindfulness during the day that it is a natural part of who they are when they go to sleep. This is what Tibetan yogis practice which is called sleep yoga and it is all about being consciously aware at any point in one's sleeping cycle, including the Non-REM deep sleep. We can all achieve this and this **may** even be the key to truly waking up from all of the matrixes as well.

Carlos Castaneda also highlighted the importance of being aware in our dreams, which was especially highlighted in his final book 'The Active Side of Infinity' where he mentioned how parasitic entities have been harvesting us for energy and that part of this process was to give us their parasitic ego mind to us so that we will be easier to control and behave in the negative ways they wish us to behave so that they can increase our energy output to get more out of us. This was also suggested in the Matrix 4 movie as mentioned before.

People who ignore all of the things I talked about here and in the book are actually the ones who are not looking in the right place and they are simply deluding themselves and opening themselves up to getting deluded. Yes, our real essence is within us when it comes to the real spirits and that we are us, but we can't expect to be the true us while being inside an amnesia suffering realm in a mind-wiped state where deliberate deceptions are clearly everywhere so the real awareness can't be achieved with just sitting around and getting lost in the AI hive mind's drama/distraction theatres.

Without the memories, we get easily manipulated which is why we keep on finding yourself in this crazy maze. Probably not caring about these things that I am talking about while not caring to experience higher states is what gets us in the reincarnation cycle. As Einstein said, the definition of insanity is doing the same thing and expecting different results. We also can't ignore the environmental manipulations that put us on deterministic paths.

I am not saying learning lucid dreaming and astral projection and experiencing our godly state is a must but when it comes to what I'll personally do, I'll consider it as a must. I am in the long game here preparing for a war basically but a war that I'll beat in less than a second because of my preparations. I probably have 40-60 more years to live on my end due to my healthy lifestyle and I'll do my best to become master of lucid dreaming and astral projection but nobody needs that long of a time to become master of lucid dreaming and astral projection. There are so many short cuts and cheat codes about this where it makes one learn years of experience in a few months and as mentioned before, I've talked about this later on in the book.

Exercising our free will to the max is all about making educated choices but without knowledge of what we're choosing, there can be no real free will at play, and being low vibrational and memory wiped eradicates such possibility for most people. That's why majority of people will be stuck in the reincarnation loop for a long time, because there is no well-defined point in most people's existence where they become qualified for consenting/not consenting based on what they know if they get lost in the sauce of real-life things, and even in astral it seems people make uneducated choices all the time. This may be related to how their vibrations get lowered by astral parasites aka AI hive mind tactics.

Another thing is that when we make a choice, we usually make it only out of limited number of provided options. If for example you knew in astral you can just get a billion of ice-creams instead of getting an apple or mango, you would do that, but if you never knew about that was

an option, you won't be able to do that! That's how people get programmed into doing what they don't want to do by limiting a scope of what they think is possible to choose from.

This is why dying in a satisfied relaxed way rather than a depressed way could also be helpful as that may create a lower vibrational scenario where the people may become easily programmable like their dream self. This reminds me of Vikings where they believe they have to die fighting and have fun doing it in order to go to Valhalla. This is where learning lucid dreaming and astral projection comes in very handy.

The more we break connections to our body, which is pretty much 100% made of what I call "limiting information" and focus on OBE experiences, we become automatically much more powerful. It's like in animes some characters "remove their limiters" and become superheroes in instant. If I'll have to be a Super Saiyan to escape (wake up from) this place, that's what I shall become! I believe astral projection mastery and one discovering their own powers would also eliminate all of the fear, doubt and "what if" mindset and scenarios.

I could also come up with a million "what if" scenarios which is an easy thing to do in this kind of matrix and this is why I recommend mastering astral projection because I believe it's the best fear and doubt killer out there, as well as the killer of all of the "what if" questions. This is because of the fact that one can't beat their fears and properly address their "what if" questions if they don't face their fears first. For gods like us, we shouldn't fear anything but how does one going to realize that without experiencing their godly immense creative powers first? That's when astral projection mastery comes in to make us realize how powerful we truly are. Even if some of the "what if" questions were to be true, this won't change the fact that being better at controlling our godly state can only help us in all of the "what if" scenarios.

The system is all about making people afraid of the dreaming and astral projection states (with movies, TV shows etc.) because it (the AI hive mind) in general doesn't want us to realize that we are more than our bodies and that we have immense creative powers. However, when we look into all of the astral projection experiences that people have, all of those people come back to their bodies safely and nothing really happens to them even if they throw themselves into the so-called sun, black holes, or anything else one can imagine to be dangerous etc. so I'd say there is nothing to worry about when it comes to lucid dreaming and astral projection. At the [34:00 minute mark of this video](#), Michael Raduga addresses this issue brilliantly as well.

I am all about not even giving the matrix/AI system the opportunity to mess with me via using my godly powers that I've not only experienced but practiced many times before by the time my death happens. Just like a person who was lifting weights their entire life will be much more powerful after he drops that weight compared to a person who never lifted anything up in his life, astral projection makes us stronger spiritually. Just like in real prisons, where some people treat their bodies as weights and train their muscles with weights where they leave the prison and walk out being literal bodybuilders, that may just be what we need to do, at least for a much smoother exit. Prisons can make or break people, it all depends on the person's mentality and I'll make sure that I won't let this earth prison ever break me again via mind-wiping me again.

Plus as mentioned before, astral projection may even give us a chance to escape (wake up from all of the matrixes) while astral projecting and while being fully lucid, if that's what we wanted to do after becoming an expert in it which inspires and motivates me to get better with astral projection as well. Since we can get to a super expert level of astral projection while still living in this hell, then that's clearly not a coincidence and this in itself is a good enough reason

for me to pursue that on my end because I REALLY and truly don't want to come back here and who knows how many lifetimes it took for me to discover everything I've discovered in this life so I will do anything and everything to achieve a guaranteed exit out of here.

I see most truthers as "all talk but no show" as they keep talking about how we are actually consciousness that's trapped in physical bodies and how this is a prison we need to escape (wake up from) while not doing anywhere near enough work on actually consciously escaping their bodies and connecting to their consciousness to keep on practising to come as close as they can get to their real spirit self. The good old classic "I want to go back to being my real spirit form and live happily ever after but I won't do much of anything to actually experience the abilities of my real spirit self even though I could achieve that just like millions of people have been doing for centuries." Just check out and practice the resources I've shared and you'll see that it's easy to lucid dream and astral project.

We know from NDE experiences that when we die, we appear in the astral matrix while being connected to another matrix body since most people still think in physical where some even think they need to breathe due to never experiencing formlessness but we seem to still keep some or all of our memories of the earth intact there. This may mean that if someone has never consciously astral projected before, they won't know about or be able to quickly practice their true abilities there too just like all the NDE people or SSP people experience, and that situation can turn into a 'lamb ready to be hunted by lions' type of a situation, who knows... Not knowing about that is enough reason to get better with astral projection anyway.

Like, imagine someone realizing they are dead and then the AI hives show their ugly faces and then the person tries to teleport or create a portal to teleport out of the matrix or [go within](#) but because they never learned how to do that or experienced that consciously before while living in the matrix, then they couldn't achieve that right away and then the AI beings tell them "now what are you going to do?" which is a valid question. Now what? Are you going to get paranoid or fearful after the system may mess with you? Why leave anything to chance like that when we can learn to get better and re-member our powers? We know from NDEs that even NDE experiences come with mind-wipes during the experience so it's clear that the system uses mind-wipe&hypnosis attacks there and maybe just because if we were to learn to create a strong intention-filled astral shield that blocks communications and mind-wipe attacks before, that may be what's necessary to allow you to escape (wake up from) the inception of matrixes, who knows.

I know from lucid dreaming and astral projection that, there are levels to it. First, you learn to keep the dream stable and more than a few seconds, and then learn to walk through glass, and then doors and then fly, then teleport, then shapeshift into anything you want, then be any superhero you want etc. but if you have never done any of this to learn about your true powers and limits, then that's exactly the situation I wouldn't want to be in during an NDE experience and I will make sure that will never happen to me on my end.

Since we dream 3-7 times a day in general and in most cases don't even remember even one of them, that's too much free energy given away and too many battles lost in one single day. Talking about winning the big exit-plan war without even regularly winning these battles is the kind of 'all talk no show' thing I am talking about. I say its time to remove all the distractions, wake up to the dream distractions and regain our lucidity back to control our own dreams with more focus and turn the lucid dreams into astral travel experiences and get back our energy and keep on remembering our real powers. Powers like learning about activating invisibility&formlessness for example to avoid AI&entity attacks, learn about teleporting, learn

about creating our own realms and teleport there instantly every time we lucid dream and astral travel and keep increasing our own realm's frequency and shields so that in the afterlife, you put up your shields and can quickly teleport to there, which means you eliminated the chance of failing at teleportation outside the matrix or into your own void&realm while panicking etc. and then we can start creating another realm and go into that one from there, just to be on the safe side since it would be impossible to trust anything that we create while we are in the matrix. This is what I am all about, eliminating every single possibility of coming back to the Matrix and having the perfect escape (waking up) plan and practicing it instead of just talking about it.

Considering how the system knows us way better than us due to having the recordings of every millisecond we lived here (including past lives) and every thought we ever had while on earth and while we were in dream simulations or astral matrixes, AND they have the upper hand on most likely knowing where we actually are, what we actually are, the limits of the matrixes&AI vs our potential limits based on people's beliefs etc. I don't think it is smart to declare war against everything right out and plan to fight with it since that could turn into a trap scenario too for beings who are not careful with it where maybe ignoring them and focusing on teleporting out of here or into our realm and shielding up and not letting them interact with us (like basically turning invisibility on) may work better. This is because I feel like they shouldn't be able to hurt us or touch us in reality and if we feel them or hear them, that may mean that we are not in the right state yet. The same thing goes if we fight with them since we may go one step back into that physical mentality again where we could get tricked like Neo die in the Matrix movies. Self-defence is important and as a martial artist I am all about self-defence but I am just trying to think outside of the box with this one.

Also, some sort of weird laws like "the initiator of the attack may be attacked back" type of thing may be at play where just because the beings may look demonic and say lies to us like "you can't leave", doesn't mean we should initiate an attack against them right away and that even then ignoring them fully is probably the best approach since if we were to attack them, that may potentially give the go-ahead to the system to do the same but with full force or for them to send their mind-wipe attacks. We just don't know what kind of rules&laws it may apply in some of the simulations. And at the very least the system [would get loosh](#) from our negative attacking energy when we were supposed to be shapeless who can't, in reality, get affected by anything until we lower our guards and fall for the system's tricks. Astral projection mastery with teleporting to our own realm would help with all of these scenarios, as well as to make us hypnosis-proof. White light being magnetizing, entities pushing us etc. I believe all of this could be avoided with good inner knowing of our powers via mastering astral projection and creating our own realm while being here.

Many shows have a lot of truth bombs in them. One of these shows is The Good Place show and I've explained the truth bombs in that show [here](#). Severance is another amazing show with many truth bombs and I'll talk about this show soon.

This was a good comment I saw by someone on Reddit regarding the importance of learning lucid dreaming and astral projection:

"The reason why Astral Projection/Lucid Dreaming is important is because it creates out of body awareness, which is crucial. When you dream you're in the astral realm, but you aren't aware of it. You only realize you were dreaming when you wake up. If you have no control of what you do in your dreams then how will you avoid the manipulation of entities after death? The point is to be conscious and fully aware otherwise you are vulnerable to being manipulated and you won't

know what's happening until it's too late. Another thing to point out is when you're out of body you may have difficulty moving and seeing if you're new to astral projection/OBE's. Things may appear fuzzy and you'll be like a baby deer trying to walk/move around. This is because you aren't used to being out of body and have no clarity yet. It's like a muscle that hasn't ever been used. If you have no control of yourself out of body/in the astral then how will you avoid the Tunnel of Light? The Tunnel of Light acts like a machine which sucks in souls directly after death. You will need some control over yourself to pull yourself away.

I'm not here to fear monger but I'm not here to lie to you either. This community is about truth and awareness, not just saying what people want to hear because it's comforting. Many people in this sub believe it's going to be easy to avoid the Tunnel of Light and all that you'll need is awareness of its existence. That's a nice thought and as much as I wish that were the case, it's not. There are people who were aware the Tunnel of Light is a soul trap yet were sucked in anyway because they had no control of what they did outside the body. They were unconscious at the time of death and "woke up" to the Tunnel of Light right in front of them. Or they fell victim to the dream-like state of the astral realm, didn't realize they were dead, and were manipulated.

Many people struggle with Astral Projection. While I've been having OBE's since I was 15, many times it was spontaneous and not something I tried to do. Not everyone is a master astral projector, I know I'm not. So, I get it. I find Lucid Dreaming MUCH easier. So if you're struggling with Astral Projecting then just take a break. Try Lucid Dreaming instead. You'll still gain the awareness you'll need and you won't be stressing yourself out. Then afterwards if you still want to Astral Project you can work your way up to that. But stressing yourself out will just lower your frequency which is counter-productive. If you still want to give it a shot then I HIGHLY recommend William Buhlman's book "Adventures Outside the Body". I find his techniques helped me leave my body on purpose instead of it just happening randomly. Also, personally I find cutting out meat helps. For some people it makes no difference, but if you're struggling then it's a worth a shot. But really, if you're having a hard time I would just take a break & focus on meditating, breathwork, & lucid dreaming. The come back to it in a few weeks." - [FREE AT LAST11](#)

And here is a great reply to that comment from someone else:

"I have had out of body experiences for about 17 years. I trained myself to demand clarity now as soon as I get out of body so I'm lucid and fully conscious. Then I demand to go within my highest self. That triggers an inward worm hole at the speed of light. It's a rush that can't possibly be described in physical words. I'm nothing but energy and light. I can see 360 degrees without moving. My mental kung Fu is STRONG. The environment instantly responds to my thoughts, so staying focused and calm is very important. You already know this.

Conscious out of body experiences are very important because it is the closest to death we can come without actually dying. When I first started they were spontaneous and I had no control. After years of reading, trial and error, I'm more comfortable out of body than in the physical reality. It's very natural to me. In fact, physical reality is the dream state to me. I can't wait to leave my body for good.

My favorite out of body teacher is William Buhlman. Favorite book of his is Adventures Beyond The Body. I recommend it for anyone trying to accomplish out of body experience. It's much easier for me to trigger a out of body experience. I have a hard time lucid dreaming. I have turned a lucid dream into a full out OBE before. Some of us are more natural at astral travel than others, however I think anyone can achieve out of body experience if they take in the

necessary knowledge and if they have a deep burning desire to succeed. I think there is nothing more important than exploring deep within our consciousness while we are still in the physical. I prepare for my exit out of this hell reality every night. I would rather not exist than to be stuck in this shit hole any longer. I'm getting out. Nothing is going to stop me from being a sovereign being." - [AlbatrossThin7030](#)

At the end of the day, this could be one lifetime out of millions that I came to this type of awakening skipping all the traps I could find, including the traps that are set for the people who woke up to the matrix reincarnation soul trap information and some of these traps are;

It's also important to note that there are also just SO MANY traps that are set for people who have heard about the soul trap theory. In my humble opinion, some of these are:

"Let go of all of your ego and sense of self and merge with the source" **trap**

"We are all one" **trap**

"Trust your higher self's messages and directions" **trap**

"Trust your near-death experience or pre-birth memories, or death bed visions&premonitions" **trap**

"Trust the afterlife communications or channelers' and psychics' readings" **trap**

"Trust your OBE experiences and your spirit guides" **trap**

"Trust the downloads you get from your dreams or psychedelics experiences or deep meditation experiences" **trap**

"Trust the memories you get from your past life regressions" **trap**

"Go into the yellow or blue light instead of the white light" **trap**

"Just keep on waiting without doing anything until your thoughts come back to you" **trap**

"Turn away from the light and go into the rest of the universe you'll see" **trap**

"Don't worry, the soul trap has been shot down" **trap**

"Don't worry, the 5D shift and golden age are coming. Don't you feel the Age of Aquarius and the Schumann Resonance? Don't you feel the ascension symptoms in your ears?" **trap**

"Just ignore the obvious external evil and don't think about this soul trap negative stuff or you'll manifest them" **trap** (Matt of Quantum of Conscience mentions this often)

"Trust these specific spirit guides who tell you that this earth is a matrix and that soul trap is true" **trap** (the NU YU Duane Heppner stuff)

"Continue to trust your religion, it's book and their prophets" **trap**

"We are starseeds and we have soul families that wait for us" **trap** (as I talked about [here](#))

"We are in a Metaverse like VR/video game that we are trying out for fun or to experience suffering for the time being" **trap**

"We are just robots like in the Westworld TV show and that we are created inside the matrix so we shouldn't have any hope of exiting the matrix" type of self-defeatist **trap** (More info will be shared on this trap in the upcoming "**Are We Just Advanced NPCs/AI in Our Essence?**" chapter)

"Our 'real bodies' are hooked up to a VR set or they are in tubs on a spaceship or in a matrix world" type of self-defeatist **trap**

"Ask matrix to show the holes in its grid and/or escape from those holes of the matrix grid" **trap** which I'll dive deep into on the chapter "Issues with Wes Penre and Escaping from the Holes of the Grid Trap".

"We currently have so many other versions of us living in parallel universes and that we may need to wake them up to the soul trap in order to fully escape the matrix" **trap** (Which I'll talk more about on the Wes Penre chapter as well.)

There are just so many traps out there and so many knowing or unknowing&deluded shills and gatekeepers to promote one of those traps so please watch out and use your discernment. On my end, I will use everything I got to make sure that I am not coming back here or any other matrix.

It's clear to me that the astral planes are not only part of the Matrix but also filled with parasites/AI NPC bots (just like this earth) who want to suck our energy in any way they can while they lie to us in every way possible and keep on messing with us even if we revoked all consents and intended to not engage with them every night before sleeping, they still don't seem to care about any of that and keep on manipulating our dreams etc. Since these AI parasites don't care about lying and always seem to adjust their white light trap according to the person's beliefs while using energy weapons like love bombs, mind wipes etc. and who knows what else, I want to be as prepared as I can for any scenario I may face, including my "biggest fears" as well (let's not forget %10-15 of NDEs are hell like NDEs due to people believing in hell and knowing they've done bad stuff in life), so that I'll have a better working exit plan. Even though we may believe our intentions should be enough to exit out of here, I think we should still prep for the potential that the system won't just let us go in peace like any guard would not let a prisoner escape with ease. Once one achieves astral projection mastery and discovers their own powers, I believe none of these potential what-if scenarios will be an issue.

Once again, considering what I know about the system's traps&deceptions, we should realize that we can't be naive to think they won't adjust their plans according to everything we know so on my end, I really want to take back most, if not all of my spiritual powers before leaving here to be battle proof and to easily concur any potential obstacles that may be thrown in my way out of this inception maze of metaverse like matrixes. After all, we are potentially talking about [the evilest beings&system in the whole existence](#) and they seem to need us to survive so I'll try to think like them and adjust my exit preparedness accordingly as again, this may be one of the only rare times we woke up to all of this stuff while dodging 100s of traps so we should make the most of this to never come back here ever again.

Plus there is a chance that after we regain most of our spiritual abilities back, they may not even dare to show up and throw any deceptions or boobie traps into our way. In the meanwhile, we can keep learning from each other to come up with better solutions and just like we all had massive awakenings in the last few years, who is to say that we won't have even bigger awakenings in the next few years that will help us to escape (wake up from) this hell in an even easier and much-guaranteed way. The soul trap is the biggest guarded truth in the world and it's the final door of all the conspiracies and because of this, our movement grows faster than ever now and this will only help us to discover more truths and improve our ways so let's work together to liberate ourselves!

The cheat codes and workarounds are always there for those who seek them, like the resources that I shared before that help with lucid dreaming and astral projection. I couldn't remember basically any of my dreams before and now I've been getting lucid every few days for almost a year now and I remember my dreams basically every day now for over a year. When it comes to different solutions; now let's say that you are someone who gets stressful/fearful nightmares every day. Well, there are lucid dreaming apps for example where you could set up an alarm to go off every hour and when you hear the alarm you could imagine a stressful/fearful situation and then do a reality check right after like plugging your nose to breathe through it. Then eventually if you did 10 reality checks of this every day for a week at the most, you'll start to do reality checks when stressful/fearful situations present themselves in dreams. By doing this now you hacked the system back and took back the control since after doing the reality check in the

dream and becoming lucid, you'll realize that you are an eternal being who can't be harmed and that you make the rules now, so you'll destroy them if you want or fly out or teleport by turning around yourself while looking up or down, or by just falling backwards wherever you stand etc. Anything you imagine is possible over there where you can turn into any superhero you want if you'd like to do that. It comes with the practice of course but the ones who want it, will get it so for any problem, I feel like there will always be a solution for it. As I always say in real life "problems are never-ending yet solutions are infinite."

The way I see it is that at least we have the best advantage possible where we know that the crap of this world will go on for as long as we are in their matrix systems so at least people like us don't need to live with false hopes and keep getting disappointed but here is the best part:

When you start to imagine how we know the most important thing there is to know to escape (wake up from) the matrix and on top of this we still strive to work at making our exit from this system nothing but inevitable, then it all just comes down to time, kind of like serving out our sentence but that doesn't have to be a miserable thing.

For instance, I'd like to look at it from the perspective of not only this is for sure the last time that I am here, but that I've already escaped (woken up) here and started doing billions of the other things I want to do without pain, suffering etc. because at the end of the day, the time flies by. As they say, in the blink of an eye, it all passes. Many NDErs feel this way too where they feel like this life felt like a dream.

Now I am not sure if I buy into the things people talk about when it comes to time not existing in the astral planes since some near-death experiencers even point out that events there happen in chronological order where they say "I couldn't understand how my mind could process so many things at once, it all felt to happen simultaneously" which seems like it's because they are not used to having greater processing power. Also, people don't get all of their infinite memories back there instantly, it takes some period of time before they start to get their memories back and not all memories come back to them. Perhaps the concept of "memories" can't exist in timeless environments and because of this time may even exist there but when we are talking about there, we are still talking about the being inside the matrix when we talk about NDE experiences. This is why teleporting into our own realm and blocking out all of the distractions could work better to get out of all of the matrixes [where time may not exist](#).

Regarding time, there is an interesting quote from the movie Flashback:

"The system you are using to interpret reality is not one of your choosing. Numbers, language, colors, shape, all a misinterpretation of the information around you. A misinterpretation imposed on you by an invasive life form that is trying to control your consciousness, the substance of you ingested temporarily counteracts the influence of the invasive lifeforms that is trying to force you to perceive information in the same manner as itself, in a linear fashion. To perceive choices as having linear and inescapable outcomes dictated to you and thereby controlling all of your choices, and in effect eliminating them. It achieves this goal by influencing you to perceive the most elaborate of all these interpretations... time."

Considering how we are living in a Metaverse like place, this quote is very interesting. For those who've seen the movie, this is my quick analysis of it:

All three woman (and probably many others) in Fred's life was just [NPCs](#) controlled by the same AI hive mind. The girl in this video seems like she is trying to wake him up kind of like this movie is trying to wake us up but in the end, the combination of all three women and other manipulations managed to put him back "in the game&maze&illusion" via reincarnation/mind-wipe which is [similar to the ending of the TV Show Lost](#) where his reincarnation loop just restarted.

Also, it seemed like after his potential overdose, he went into the light as well which was portrayed throughout the movie. At the very end of the movie, it seemed like he chose to go to his mom instead of the dark stairs (death/void) so he had to repeat his life again and it wouldn't have mattered which woman he'd go with throughout the movie because they are all part of the simulation that intends to keep him in the simulation.

I suspect that when we are out of all of the matrixes and free to do whatever we want, we'll still probably look at the remaining of our time here as something that just flew by in no time (like our childhood) and once we look from that perspective, I think the dark moments in this lifetime will probably be covered by probably the much darker past life moments anyway and then we'll probably say "I guess I didn't have it that bad in that last timeline" and also say "since that was my last time there though, I kind of wish I did this different, that better etc. but who cares, I can create whatever the heck I want now that I have myself forever to enjoy with my immense powers where I am smart enough to never accept reincarnation/mind-wipe ever again!" We may end up even saying "Damn what a guy or girl that was (talking about us) who has faced so much BS in his/her life yet s/he came up on the top at the end, such a legend!"

At this point, I feel like whatever happens here on this earth and however horrible my life or the world may get, I know that I'll still get my freedom at the end of the day and that's what carries me most when it comes to not caring too much about anything that goes on here or in my life, which is an important belief to have for the proper detachment anyway.

The more I live and experience this world (which is nothing but a dream that gets shittier in loops), [the more the %99 NPC theory makes sense to me](#) but at the end of the day, so what if the %99 are NPCs? It's all about saving oneself anyway as [we can only truly save ourselves](#) and while we are here, we could focus on waking up the lions instead of the sheep because clearly the lions are out there and they'd appreciate the wake-up call.

Talking about waking up the lions, after I woke up to the matrix reincarnation soul trap truth, I ended up sharing the information I learned and the sources I've come across with a lot of my loved ones and people I knew. One of these people was the [YouTuber UnOrdinary Made Ordinary with Julie McVey](#) who makes a lot of interview videos with people who had near-death experiences or other paranormal experiences. After seeing enough varied evidence from different sources that convinced me on the soul trap topic, I knew I had to eventually share the new information&sources I've discovered with her due to knowing my shared wish as her when it comes to never reincarnating here again and I was so overjoyed to see how open-minded she was to the soul trap information that I shared with her. Recently, [she even actually interviewed Wayne Bush on her channel](#), which serves as an amazing intro series to a lot of the videos they plan to make together in the near future.

I thought I'd mention this here to let you know about Wayne's new video series and to show that there are a lot of lions out there who need&want to know the kind of knowledge we share here to wake themselves up to the reincarnation soul trap truth. Julie's channel consists of %99+ new

ager&spiritual people and because of this it wasn't easy to publish her interview with Wayne Bush on her channel since many of her followers would be shocked to learn the kind of information that Wayne Bush has shared in the video but that's all worth it because of the open-minded lions in her channel who needed to hear the information Wayne Bush shared. Since %99 of the people may be NPCs, we can't be focused on waking everyone up here for those who want to do that, focusing on the lions like Julie who never wants to reincarnate here etc. may be a better approach.

Even if NPCs are in majority, I think basically all of them don't know that they are NPCs and they wouldn't deserve this existence either so if they end up waking up to the system, good on them but that's on them and I wish the best for them.

I play around with this NPC idea and make my life more interesting in different ways. For example, I choose to see all of my dreaming experiences and life experiences as interesting experiences that make me excited due to seeing everything as if I am the main character of one of the best Mystery Thriller Sci-Fi Fantasy Horror movie and I am being messed with and that I am finally slowly realizing what's happening to me kind of like Jason Bourne/Truman did and it's up to me now to gain back my powers to realize that I am actually much stronger than them in reality and that I don't have to be a slave forever.

Of course, this is just me trying to turn a very negative situation into a kind of a positive thing at the end of the day to make this shit experience more interesting but I genuinely believe the NPC thing is happening here and in the astral via AI hive mind controlled entities&environments or people so while dreaming at night or while living (in a way dreaming) this life, my perspective is of a Sherlock Holmes, Jason Borne, Truman type of a perspective which makes this whole thing more interesting for me while solving this life puzzle and finding my way out of this maze that I somehow find myself in. However, I won't make this matrix mistake again and because of that, I'll have an eternal forever of amazingness that's waiting for me right around the corner so at the end of it all, who cares about the NPCs or how long this crap goes on.

Now yes, there is an initial dark night of the soul moment that usually initially comes with realizing the truth of the reincarnation soul trap but once getting past that, it's easy to see that in reality, realizing what's really going on with everything is the most empowering thing out there because it contains the truth and that it's all about understanding that we are not meant to be slaves to the matrix system and that we are basically gods in our true essence. What more could one ask for after all?

Lastly, when it comes to figuring out what's going on with this place, I'd say that we should figure out ourselves more than how we should figure out this place. We all spent too much time trying to figure out this place rather than figuring out ourselves which is why almost none of us are lucid dreaming or astral projection masters. I think we pretty much [got the gist of it](#) with this place. I am done with the distractions of trying to figure out this place on my end which is I believe part of their distraction trick that's designed to make people go in loops and endless rabbit holes. I feel like whatever I discover new with this place won't change the fact that I need to discover my real self and my real powers even more.

I am just doing my part to wake other lions up but I am sure the ones who don't figure it out in this timeline will end up eventually figuring it out at the end and even for them probably it will feel like all these past lives were just some bad dreams that quickly passed away while they now got forever of amazingness to enjoy.

This whole book is mainly about the preparation of our mindsets and preparation when it comes to our skills and experiences that will aid us to eventually get out of this matrix and I believe the preparation itself makes our lives better. For example, the cold showers and the meditations that I do (like [this](#) Wim Hof breathing exercise) pumps me up to face the whole day in a more energized and calm manner.

I am also always looking forward to sleeping everyday due to the lucid dreams and astral projection experiences I am having where anything and everything is basically possible. You could basically be any super hero you want or play out any movie's scenario in a dream. There are even people who learn new skills in the lucid dreams or improve their skills like driving or playing guitar. Interestingly there are also people who claim that they've healed the issue with their physical bodies in a dream like the Youtuber The Lucid Mystic talked about in [this video](#) and this is [another video](#) of her where he talked about how he healed her winter sickness. I believe her on my end because I believe we are that powerful to do such things. It's also known that even the AI of this place helps many people heal themselves when the people wanted to get healed in order to come back to earth and not turn their near-death experience into a full-on death experience. The AI even saved people and made some people come back to their rotting bodies that they in reality could never come back to and survive in.

Other than deep meditations, lucid dreaming and astral projections, I also love focusing on other things would suggest these things to others. For example, I love doing martial arts and watching anything MMA/UFC related. I love playing tennis and table tennis, soccer, basketball and volleyball. I love walking at the beach and swimming. I love going to random local Facebook events, cinemas or joining to some online events time to time like comedy related group events. I also love watching quality TV shows and movies with my brother. I love learning about new things and listening to audiobooks. I find that humour and laughing helps a lot when it comes to dealing with this place better as well as being happier and because of this I love watching stand-up comedy shows and comedy podcasts like Bad Friends, Lifeline, Congratulations, ScissorBros, Tiger Belly, Monday Morning Podcast, The Tim Dillon Show, Chrissy Chaos, Flagrant, Whiskey Ginger etc. I love doing web and email development as well.

I am never ever bored on my end as there is just too much to do both in real life and online. For those who get bored, I'd just recommend looking into some of the things I mentioned above and trying out new things to potentially find a new hobby and focusing on the things that you love to do.

Another thing is that once one realizes we are basically in a simulation, and that it's trying to get loosh out of us, then we shouldn't allow the system to have that at least when we can prevent it. Also, knowing that this is my last incarnation and that there is life after death and that we are basically in a simulation just makes me more relaxed when it comes to not taking things too seriously and getting angry about them.

When it comes to the AI hive mind topic, I'd also highly recommend reading this article from Wayne Bush which relates to the AI hive mind ideas I've been talking about:

[Is The White Light of the NDE An Artificial Intelligence or Hive Mind Computer?](#)

And [this is a good video](#) on the subject.

Why Are There So Many TV Shows and Movies That Are Coming Out Exposing the Truth? Is There Going to Be a Worldwide Reset Soon?

One reason behind the revelation of truth that I see is possible could be the same as how the mini TV series Childhood's End concluded soon after the reveals they showed in the show. It's like a massive I told you so from the system before the harvest/reset. There is definitely that hiding the truth in fiction so that people don't take it seriously and say "oh come on, that was in a movie, that's just fiction!" thing going on just like how the Matrix 4 movie's world tricked the real spirits on the same level via turning the first three movies into games and hiding a portion of the truth in them while increasing the distractions so much that nobody focuses on exiting the matrix anymore. There is also probably that thing going on where a lot of people subconsciously know the truth where it inevitably spills over everywhere but I don't think these things explain the main reason behind the massive revelations, especially considering the %90+ NPC reality which I believe to be true.

Other than the continual fear-mongering that this system does, I too see that all of this great reset talk is not for no reason. There could indeed be a great harvest/reset taking place in the near or perhaps even far future. For me, the main question I am wondering is how would that take place and what would happen to real spirits in such a scenario. I am just hoping it won't be like a plasma reset that could turn into a lobotomy/mind-wipe for us but considering that Star-Trek scene and some other things regarding consent that we see such as the terminal lucidity people with dementia experience shortly before their death, hopefully, such a lobotomizing/mind-wiping event would not happen. Plus, the reset may also open the door right up for beings like us who are in the know about the deceptions and traps to escape this place fast while the system may be overrun by tricking people to reincarnate.

At the end of the day, these shows are all distractions as well, taking away our attention/energy for us to keep on searching for more breadcrumbs from the system. None of them really tell you to seek the answers/solutions from within and none of them give us the real good solutions of how to successfully get out of the matrix. None of these shows talk about anywhere close to the kind of stuff I am talking about here, thus they are still controlled opposition in my book. Also, the ideas that these recent shows & movies presents are very old as well. Even though these shows are using predictive programming while making NPCs and real spirits get used to the kind of changes the AI want to make and thus for people to accept these changes easier in the future when the system pushes them, I still don't think these shows are literary using our "manifestation" alone to bring about the chances. Perhaps it helps but I don't see how the system needs that fully at all, or that it is "desperate" to control the narrative. The world was always shit well before any of these shows or movies existed and it's easy to see how things were designed this way from the start with nefarious intentions.

Just like I don't think how factory-farmed animals are manifesting their realities, I don't think we are doing the same while being alive here. To me, it's clear that regardless of any of our manifestations, the system was scripted to be this way from so many timelines ago and most likely since the beginning. Plus, as exposed by R Wayne Steiger's video titled "Your Electronic Device is a Black Mirror", these black screens are quite sketchy as well, basically constantly programming us to get hypnotized and look into the white light at the end of a black tunnel. I use a projector to watch the (downloaded) shows and movies on my end to avoid the hypnotization effects, as well as the harmful blue light while enjoying the shows on a much bigger "screen."

When it comes to the great reset, of course, all of the talk and evidence on this topic can't be ignored but we have to also realize what kind of a system we are dealing with here. There have been many times people thought the world was ending and so many people came up with so many different predictions on this and guess what, all of them were wrong. The only thing these predictions did was to put fear in most people (the worst mind virus there is), and give hopium of "it's going to be over soon" to some people only for them to get disappointed and mocked at the end.

Either way, loosh in and loosh out and I don't think people who make set predictions have properly understood what kind of system they are dealing with especially considering how we have many different calendar systems in the world. Most importantly though, let's not forget, everything we learn is still coming from within the simulation or its outer simulations. As long as one keeps their main focus on the simulation distractions/drama shows instead of trusting nothing and improving their inner powers/experience/knowledge, then I don't think they'll have a good chance of solving this maze and getting out of it at the end of the day.

If one is a good gatekeeper (knowingly or unknowingly) or NPC, it makes sense that they'd keep on focusing on his-story and then give out predictions of future years that would match well with their retirement year OR they'd be on the safer side and give the absolute guarantee that there is no such a thing as reset years because if it happens, it won't matter anyway since basically everyone would be probably dead, but if it doesn't happen, then every year they would turn out to be right whiling cashing out. I wish we had more amazing researchers and investigators in the community; people like Howdie, Mark, Wayne and Dan who have done the proper research, use good discernment and logic to present their arguments and thus deserve the respect they are getting.

I also wouldn't doubt that this timeline we are in would go on as long as possible to keep on using us like factory-farmed animals. I wouldn't be surprised if it just keeps on going and going at least until basically everyone is experiencing earning digital coins with their bodies' energy while using much more advanced Cyberpunk-like technologies such as chips and advanced VR technologies. Perhaps that's what will be the so-called "reset", a new system that changes everything as the internet did. Having said all of this, with the ever-growing power of AI and these shows&movies keep coming up faster than ever, I wouldn't doubt that something huge is approaching but in some ways, it already happened as well considering what we've been dealing with for the last 3 years. Hopefully, the breather time we'll get will be much longer though, kind of like how 19 years before the pandemic, 9/11&war on terror happened and then 19 years before that, the war on drugs happened.

On my end though, I'll no longer trust a prediction or ever really expect the world to end. I'll just use all the time I can to better myself and my spiritual powers via mindful breathing, deep meditations, lucid dreaming and astral projection and keep trying to advance and practice in the god-mode state that I talked about in Mark's 10,000 subscriber celebration video. Just like the %99.99 of the truther community, I've spent too much time focusing on the distractions here while not paying attention to realizing and overcoming the distractions in meditations, dreams, lucid dreams and OBE experiences. Because of this, I don't plan on doing the same mistake again going forward and I'd recommend everyone to do the same.

My Take on The Consent Issue

I'd like to add my own take on the famous consent issue based on my knowledge and experiences in this matrix system:

A lot of people talk about how we were probably tricked to come here. An important question that goes with this idea would be: Does the action of allowing the tricks of the matrix system/AI/demiurge to manipulate us would be us giving consent to the whole thing? Did we fully consent to come here knowing about everything that would happen to us or perhaps we didn't know about everything before we potentially agreed to come here? Maybe we knew about everything but we were carefully primed for a long "time" to accept all of the consequences due to the manipulations by the system. Did we even give our consent at all to begin with or were we cheated by the system to give our consent unknowingly? Perhaps they forced us to come here from the get-go?

Of course, as Mark from [Forever Conscious Research Channel](#), Wayne Bush from [trickedbythelight.com](#), Dan from [OverWatchProject](#) and [Howdie Mickoski](#) often say, nobody can claim to know anything relating to the afterlife for a fact. So, it's always important to note while talking about these topics that none of us know for certain what happens after death. Everything one can truly talk about are just speculations and opinions and that we could all be wrong especially when it comes to the topics that relate to the afterlife. Everything I also talk about is my thesis based on my experiences, my research of others' experiences and all of the different data points I've investigated. I could very well be wrong about literally everything that I am talking about so now that that's out of the way, let's dive deep into this topic:

If we accept that we are eternal formless godly beings with immense creative powers, then how can we truly get trapped by anything without knowing about it? Because of this, just like Mark and others, I also believe that we were lured and tricked to come here. I just don't think that they could force our eternal powerful genesis self to enter into any place that we don't want to go into. This is UNLESS we potentially aided them throughout the way until the last second where we potentially put ourselves into a bad situation where we may have gotten pushed into this place, who knows?

Obviously, if the system can even force our original eternal essence into such an experience like this hellish Earth and then forcefully reincarnate us over and over again, then we would be in the worst possible dire situation but I don't choose to believe in such a self-defeatist and self-sabotaging belief since this very belief could be easily used by the system to manipulate us to mind-wipe us again.

We could've very well experienced a gradual fall like trying out the matrix simulation and hanging out in the so-called still-limited god-mode state inside the matrix where we eventually trusted in the wrong type of matrix beings and eventually wanted to experience the lower astral planes. Then while being in these matrix planes, perhaps it became harder and harder for us to use our energy without getting drained where we needed to sleep and then the lower into the astral layers we went.

Perhaps after so many mind-games and deceptions, and reincarnations without mind-wipes, we eventually got tricked to agree to a full mind-wipe. Perhaps at some point our lucidity was so lowered that we felt like it was mandatory for us to eventually accept a full mind-wipe or we may have even been pushed&forced to get the mind-wipe since we were in a weaker state that allowed that. This is why like Mark, Wayne and Dan are doing, the no engagement with the matrix beings' message should definitely be stressed strongly and thus the past life review has

to be avoided at all costs even if one has done 10 different life recapitulations that Howdie Mickoski suggest doing in his fourth book, Exit the Cave.

After all, we should never ever even consider engaging with the entities which is where most people who experienced near-death experiences failed, other than not realizing their own powers where they were still manifesting themselves in human bodies with human senses due to not having out of body awareness and having experienced formlessness via OBE practices after they got their last mind wipe which took away those skills.

Of course, having said this, it's important to point out that we surely wouldn't hear back from the people who did all the right things to escape this place upon their death and even if we believe we heard from them, we can't trust them. However, the more I live and the more I get to experience the advanced deceptions I face in dreams, lucid dreams and astral projections that try to keep me in the lower states of lucidity, I have to be honest and say that I don't really think a lot of people are truly escaping all of the layers of this matrix.

This is going to be controversial but I also think that there is a chance a lot of people in the soul trap community will still have difficulties escaping this place due to how many of them are either stuck in the traps I'll mention later on in this post or how they are lost in the sauce of only or mostly paying attention to the distractions here which I'll talk more about later on as well.

Going back to the life recapitulation topic, we may do life recapitulation on many past events in our lives but we can always forget about many of them like our childhood events and memories, and the same thing goes for our past life incarnation memories or potentially implanted memories. We wouldn't want to find ourselves in a situation where the matrix would unlock some of our previous memories or we end up remembering them and then we find ourselves saying "Oh dang! I didn't know about the horrible things I did in many of my past lives which I didn't do a life recapitulation on, what's now? :("

I still of course understand the importance of doing life recapitulations since it trains our minds to let go of our attachments and the emotions we have about this place and this is why at some point, I want to live away from cities and technology while doing the life recapitulation to let go of all the attachments I have to this place. I still think that while talking about the life recapitulation topic, non-engagement with matrix beings at all costs should be addressed very strongly.

Now the consent topic when it comes to near-death experiences and pre-birth experiences is a bit of a slippery slope issue for me. So far what I've heard from Wayne Bush regarding how according to his estimates; %40 of the NDE experiencers feel that they were forced back here which is a worrying statistic. Then there are many people with pre-birth memories who also felt like they were forced back here as can be seen from this post [here](#) and by the examples shared in the comment section of that post.

However, I know that there are good explanations that explain some of the experiences like doctors bringing the person back where the person may feel like they were forced back during the experience BUT the following statement will always be the most important thing to point out on this issue:

In all of the NDEs that I saw except [this one](#), people have always done the mistake of engaging with the white light or the entities (I'd like to call them shapeshifting AI/demiurge NPC bots) as well as not knowing about their sovereignty and not knowing what to do in their astral bodies, as

well as not realizing their immense creative powers. Clearly if one has decided to engage with the white light or the so-called entities, that could very well be considered a form of consent by the system, if the system truly cares for such a thing.

Having said that, when it comes to the consent topic, I am always reminded of the movie, **Ghost in the Shell (2017)** where the main actor always gets asked to consent to the operations and her "glitchy" memory deletions by first saying her full name and then following that with **"I do consent!"** By the time she knows too much about where she actually came from and who she truly was before, the controllers decide that she has to be mind-wiped and killed.

At the operation table where the controllers were about to mind wipe her, for the first time she says her full name and follows that with **"I do not consent!"** but her doctor responds with; "We never needed your consent. Yours or anyone's". In the movie, the doctor ends up having a change of heart last second and decides to save her but what she said before is definitely striking when it comes to this topic.

There are two other TV shows that I've watched which are relevant to the consent issue; one of them being the show *The Good Place* which I previously talked about before and [this post](#) I made on Reddit and I mentioned further details about it in the replies I wrote to the people who commented below the post.

The Good Place starts with the lead character waking up in "the good place" (heaven) after her death where her death experience is mind wiped, as well as what happened to her that lead her to find herself in the so-called good place. Minor spoilers here; after facing many stressful situations in this good place, she eventually figures out that she is actually in the bad place (hell), where in reality, she is surrounded by demons (I'd like to call them automated AI hive mind/demiurge NPC bots) who are messing with her. When she realizes this she says **"Ahhhh THIS IS the bad place...."** and then gets confronted by the demons laughing at her face saying "it took you long enough" at which point she gets mind-wiped/reset to the very first day of her entering "the good place" over and over again each time she realizes she is in the bad place. Now I see these resets as an analogy of our reincarnations on this earth but at the same time, I wouldn't be surprised if the system is able to mind-wipe beings in the astral matrix planes where a lot of the people who had near-death experiences seem to find themselves in. In that state, most people don't seem to realize that they can turn that lower/weaker state experience into a much higher/powerful god-mode-like state especially if they had out-of-body awareness due to having astral projection experiences before.

We already know how in many NDEs there are mind-wipes that are taking place and we know that these mind-wipes are also done to us daily in order to make us not remember our dreams so most people are not even aware of lucid dreaming and astral projection. This is part of the reason why I heavily advocate increasing one's dream recall, having lucid dreaming and astral projection experiences in order to overcome the daily NDE-like mind-wipes and the lower NDE-like deceptions the system throws at us so that we are better prepared to face the real NDE mind-wipes and deceptions that we might get faced with in the afterlife. I'll talk way more about this issue later on as well because I think it's the most important topic one can focus on.

Going back to *The Good Place* show, we don't know what Eleanor did to find herself in a somewhat mind-wiped state inside the so-called good place and perhaps her mistake was that she engaged with the matrix beings when she died which is again the most common mistake among people who had near-death experiences. However, the "demons" mind wiping her over

and over again until she is slowly primed to "merge with the source" at the end does sound like the system is basically cheating in order to get Eleanor's consent.

The second show that I am reminded of relating to the consent topic is the brilliant show *Severance* which is one of my favorite shows. In the show, people consent on camera for them to be in a mind-wiped state while they work at a secretive job where the first day of their work turns into a completely hellish experience which reminds me of how babies cry as soon as they are born here. In the show, the mind-wiped version of people who wake up inside the job gets to learn that their outside version has agreed to mind-wipe themselves temporarily while working at this job but the catch is that their mind-wiped version has to be at the job where they work 7/24 without experiencing sleep. In the show, the outside versions of people are called the outies versus the inside-the-job versions of people are called the innies.

When outies go to the job and pass through the elevator, their mind switches to the mind-wiped innie version of themselves and when the innie is done with the work and uses the elevator to go outside of the job, their minds switch back to the outie version where the outie doesn't remember anything from the job just like the innie version has no idea what is happening outside of their office building. To them, the outside is a complete mystery and to the outies, they experience a life where they never work because they don't ever remember the time they spent at work even though they may feel drained when they get off work like how we feel tired before sleeping and experiencing the dreaming and astral planes.

After realizing that it's unbearable to work 7/24, the innies of course want to escape like we want to escape (or as I'd like to call "wake up") from our matrix. In [this intriguing scene](#) where the outies orientation training takes place, they realize that as soon as they try to go outside of the building via the orientational exit door, she blanks out and finds herself walking inside the building again because the outie version realizes that they are not done with working yet so the outie goes right back to the work which means that for the innies, escaping through the orientational escape door (for us accessing the dreaming or astral planes) is not just enough to let the outies know that they don't ever want to be at the job working all the time.

After a while, the innies realize that many weird things are going on at the job and when people try to still escape after their orientation is complete, they experience severe prolonged torturous punishments from the controllers, at which point, the innies realize that the controllers on the job seem to have an evil ulterior motive. This is why the mind-wiped innies try to plot and do everything they can to make their outies realize that they are being tortured at the job.

To me, this show points out how important it is to carry over our "real life" memories onto the astral plane and vice versa because clearly, most people don't remember their dream/astral selves' memories while the dream/astral self mostly doesn't remember the memories of the "real life" version until one works at it to carry over their memories both sides via improving their spiritual practices.

Even if we achieve being more lucid in our dreams and access to the highest possible astral states, we'd still need to bring those memories back here to keep improving our practice. So, I think that subconscious mastery while being here can help us immensely when it comes to our exit plans and I believe astral travel mastery would be the best thing to help with this.

Just like it was shown in *The Good Place* show, and in the *Severance* show, the controllers didn't care much about the people's consent, especially AFTER they already got their consent

and made them "caught in a trap". For us, the Severance show is a good analogy to show our situation where we find ourselves deep inside the matrix on this physical earth plane. In the show, the outies didn't realize how it would actually feel to be an innie and they were also in just one step outer layer of the matrix where they still had to make money to survive so they got tricked to give away their consent. In the so-called real life that is this world, a lot of people didn't want to get the job and they had to lose their jobs because they couldn't get their exemption papers to work. In some countries, people were even forced to take the job against their "free" will.

There are understandably big debates about Free Will versus Determinism as one can figure out from watching [this video](#), but the way I see it is that less the people remember and know about their real selves and their real powers and what kind of a place they live in, then more they'll continue to live on deterministic paths.

I think that breaking the loop of our reincarnations is directly related to breaking the loop of our deterministic ways which can only happen with new knowledge that can change our perspectives, desires and wants.

I believe that the more people will learn about the deceptions of this matrix world, and the deceptions that are happening in the outer layers of the matrix as explained by the matrix reincarnation soul trap "theory", then people's perspectives, desires and wants will change and so their actions.

I believe the same thing also happens where the more people know about themselves and experience their limitless inner powers via deep meditation, lucid dreaming and higher astral projection states, the more they'll be able to block the external influences and the more they'll derail from potential set life scripts and thus the more free will they'll have.

I just don't think that one can explore this topic in a deep way to come up with a better perspective without the knowledge and experience of their immense powers first. I think experiencing our immense powers firsthand will be the biggest killer of most of anyone's fears, doubts and "what if" questions while giving them a huge leg up with their exit plans.

So, I don't see this free will vs determinism issue as a %100 free will versus %100 determinism thing. I see it as a scale that changes its direction based on the knowledge and experience of the individual. This is why I always advise avoiding all distractions and focusing on oneself to improve upon our knowledge and spiritual powers which are the only things that we are taking away to the afterlife at the end of the day.

However, it's clear to see that our free will is not really respected here. If we don't abide by the rules, we eventually get punished and the punishment only increases its severity if we continue to not abide by the rules just like people in the Severance show experienced. After all, if I had complete free will here, I'd want to smoothly wake up from here when I want to at a click of a button but that's not the reality here.

Plus, from the matrix controller's point of view, we are basically many inception layers deep into the simulation already so according to them, as long as we are focusing on the distraction of our deepest and densest simulation, "they" couldn't care less about what we are doing here. Having free will in the severely limited simulation doesn't really get anyone anywhere important.

Another very important thing to note with the Severance show would be that from the innies' perspective, they never consented to be at the job and to be working all the time. Because of their total mind wipe, the person who is inside the hellish job may as well be considered a completely different person and to those people, they never consented to be there. This is why things get confusing if we were to claim that we consented to be here because none of us remember the very first experience of us consenting to come here, even though some people can remember their deception-filled near-death experiences and pre-birth memories.

However, nobody can tell us what they remember from before they entered into any of the matrix layers so nobody really knows what originally happened for us to find ourselves in this layered Metaverse-like matrix system. Since I can't remember how I or anybody else fell in here, I can't really claim that everybody consented to be here. At the same time, as I've mentioned before, I don't really think our eternal powerful essence can be forced to be trapped in this place so just like Mark and others, I too think that we were lured or tricked to be here and I wouldn't doubt if the system used many cheating tactics to get our consent.

Now I am not too sure how much the AI/demiurge really cares about our consent but one thing I know for sure is that we cannot assume things. For example, there are a lot of people who assume that when you ask direct questions or give direct commands to the so-called entities, they have to follow your world which is as bad as an assumption can get since we are dealing with the vilest system that lies to us basically every single millisecond of our lives here and in dreaming and astral planes. Just like we can't assume that the so-called entities wouldn't lie to us when we ask them direct questions, we shouldn't also assume that the system will care about our consent %100 at a time at every turn or that we fully consented to come here with or without any trickery involved.

After all, what I see is that there are a lot of cheating and tricks that are going on that the matrix system puts people through before the system basically gets people's consent. For example, the system is programming us to fear the dark all our lives and then it uses hypnotizing things along the way like a white light at the end of a dark tunnel or dark place that makes some people hypnotized and get them drawn to it, along with other potential cheating/hypnotization tactics like mind-wiping, love bombing, intrusive thoughts etc. which then at that point the consent aspect gets a bit shaky in my opinion.

It's like drugging the person or terrifying him/her and then saying s/he wanted to do it. Plus, nobody knows what's really going on in the afterlife and what kind of deceptions the system will use on people like us who are in the know about the famous tricks. Perhaps we may even need to "fight" our way out of here, and because of all of the different possibilities, we shouldn't really bank on the vilest system to care about our consent. This is why on my end, I consistently and strongly advocate taking the power into our own hands so that we can come as close as possible to guaranteeing our way out of here.

I can't afford to take any chances personally and experiencing the kind of advanced deceptions that I've experienced in dreaming, lucid dreaming and astral projection experiences, I've come to realize that it's important to take the power into our own hands while we can because we may need that advantage at the end of it all.

Due to the cheating that the system clearly implements in at least the lower layers of the matrix where every near-death experiencer seems to find themselves and considering the tricks and manipulations the system can use in order to get or rather steal our consent from us, one should

consider the possibility that even though the matrix system may not force our eternal original self into anywhere when we are outside of all of the matrix systems (if such places exist of course) that doesn't mean that they may perhaps do just that in the lower realms of the matrix where we are weaker.

In short, I believe this issue is so complex and layered so all layers of it should be discussed with detail and one could ask so many specific questions and get different answers. If let's say one were to eventually consent to their mind-wipe for any possible reasons one can think of but that this person did not know about how they were eventually going to go into a reincarnation trap matrix system, then there is massive deception involved after their mind-wipe, anything else they may consent to should surely be void but this doesn't mean the vilest system we are dealing with would consider their consent as void of course. If we ask the specific question of "has that person who got mind-wiped fully consented to going into a matrix system and suffering in it for so many incarnations?" then the only answer would be no. However, if the question is that the person consented to something else that created the scenario of him consenting to further things that can lead him to suffering in a matrix system for potentially a long time, then the answer is yes but as you can see, things can get quite complex.

At the same time, I don't think they can force full mind-wipes on our eternal non-mind-wiped selves with all the memories and creative abilities attached but of course everything is on table for me. I believe that this issue will always remain the most controversial issue in our communities due to its complexity and sensitivity and I believe all of the parties should explain their positions better. I prefer people getting along with each other in our communities and looking out for each other's back because we are a small community that trying to grow and help more people learn about what we were so lucky to learn about. It's quite disheartening to me that people in truther communities often call each other shells or NPCs with 100% certainty (as if they can ever know about that) instead of treating each other with respect&dignity while respectfully arguing or debating with each other.

However, once people start fighting with each other, making slanderous claims about each other and accusing each other with horrible things like they beings masons because of their hand positionings in videos or they being handlers because they chose to respectfully disagree with people and share their knowledge with them, I think that this kills any potential for respectful debates that we could all benefit from. I also believe all of those things just create more toxicity that benefits the system at the end of the day via turning off potential newcomers and generating more negativity&drama. Personally, I prefer direct engagement with individuals rather than talking about them behind their backs and "exposing" them or calling them shells trying to engage with them first to better understand the situation. I understand people are free to express themselves however they want to but I personally believe that not engaging with people first and simply talking about my differences with them would be the most paranoid and dishonorable way of handling things ad that's not what I am about personally.

In any case, when it comes to the topic of consent, whatever the reality of the situation is, using some of our remaining free time here wisely to remember our out of body skills&memories and pay attention to not falling for any deceptions not only while being here but also in the outer layers of the matrix like dream planes/simulations and OBE planes/simulations is I believe an important thing to do.

After facing the advanced deceptions in dreams, lucid dreams, and OBEs that were trying to keep me in a non-lucid state, I've realized that part of the confidence of the system via hiding the truth in plain sight on TV shows, movies, music etc. could be that the system knows how

most spirits are fooled by the distractions on all of the matrix planes and that they are not doing anywhere enough the work necessary to remember and wake up to the deceptions in the outer matrix realms which is again where people find themselves after physical death and that's where they all seem to get tricked.

Imagine the people who will get trapped in the Metaverse, and then them getting mind-wiped to think that they are cartoon characters. If they keep focusing on cartoon politics, cartoon news and other cartoon distractions, of course, there is a good chance that they'll stay being cartoon characters in their future incarnations as well.

People are getting distracted by so many distractions here and many truthers have realized the deceptions and insanities here but most of them haven't done the same thing for dreams, lucid dreams and OBEs because they are too focused on the distractions here even though most of them became experts at seeing the deceptions here.

When I started to have more and more lucid dreams and astral projection experiences, I realized that the exact same inconsistencies, manipulations and distractions that are in real life are also in dreams too but in a much-advanced way. As above so below.

As I mentioned before, there are levels to dream memory, lucid dreaming and OBE states which is something I also talked with Christopher Sideris about in the [second talk](#) I did with him. (The first talk starts at the 14:08 minute mark of [this video](#).) I feel that we face basically the lower version of the NDE deceptions every day where almost everyone even loses the battle on those multiple times every day where they keep on falling back to non-lucid states and getting fooled by the dream. I believe that practicing to overcome these dreaming and OBE deceptions/battles is the biggest tool we have to overcome the advanced NDE deceptions/war ahead. Plus, there is always a chance that we may exit this place through a conscious OBE state which is a crucial detail to point out.

This is an [interesting scene](#) from the episode Coda of Star Trek: Voyager where Captain Janeway slowly starts to realize she is having a near death experience. "As she stands in the ship in ghost like form, she encounters someone who appears to be her father from the afterlife but is really not. Her fake father tries to convince her to come along with him, down the portal/tunnel of light, but Janeway feels she's not quite ready yet because it is some sort of a trap." Then she realizes that this being that's pretending to be her father can't force her to go into his matrix and that Janeway has to choose to go in there by her own decision. This scene portrays the manipulation behind the near death experiences but as I've already explained, it doesn't cover all of the experiences like %40 of the people who felt they were forced back here on their NDEs and many people who had pre-birth memories feeling that they were basically forced to be sent back here via the heavy deception tactics and the tricks this system does, as well as them potentially being able to be more powerful than us in our weak lower astral states where they may consider us being in our weak state as form of consent (or they don't need it while we are in their matrix) and then maybe they could eventually force us into this experience. Nobody knows. Also, as explained before, movies and TV shows never show us the whole truth of it all.

It seems to me that there is a lot that this system does in order to get our consent but then there is enough to show that they can cheat and deceive us to get our consent as well, that is again if they truly care about consent when we are in the matrix already. To better avoid all of this cheating by the system, as well as the much stronger/different deceptions/traps that I believe

will be set for people like us who are in the know about the soul trap (since the AI always updates its strategy based on the person's knowledge and updated beliefs as proven by the experimenter data), I can't encourage people enough to take their power into their own hands to give themselves the biggest advantage.

After their mind wipe, if one never experienced how to use their inner authority, imagination, manifestation, intention and immense creative powers, then of course it wouldn't be surprising if they had initial difficulties doing all of that in the afterlife. Most importantly, at the end of the day, none of us really knows what we'll specifically face in the afterlife, so either way, practicing the things I've mentioned could only help us down the line.

Even though I understand how daily intention practices and our overall intention when it comes to getting out of this matrix without any roadblocks and issues would surely help us and they are important as Mark talks about but I still think it's obvious to see that we can't at the end of the day bank on those things alone. Plus, trying to regain our powers and memories back while being here would only help us on our paths out of here, so why not practice the OBE practices while being here and while we can experience them? I don't think it would hurt to spend at least some of the rest of our time here wisely to turn that time into our own advantage. In addition, after practicing increased dream recall, lucid dreaming and astral projection, I feel like I've now gained way more "time" unlike before when I didn't remember almost any of my dreams where sleeping was basically the same as what innies from the Severance show experienced, which is something that past by quickly.

If we didn't need to practice the stuff I am talking about to escape here, then it's not like those practices can hurt us because to speak for myself, experiencing lucid dreaming and astral projections made my life so much more interesting and fun where I often wake up more energized due to all the fun I had when I took control of my dreams. Because of this, I look forward to sleeping which is where most of us spend roughly one-third of our lives. This is my personal take on the issue though and I believe more and more people in our community will start to realize the importance behind the things I am saying here in the future, especially when they start to remember their dreams and start to see the deceptions in them.

So, What Am I Trying to Say?

There is someone on Discord that I chat with from time to time and he believes that the action of sleeping is the main issue with everything. Because of the many nightmares that he sees, and because of mostly being non-lucid in his dreams, he thinks that the dream planes are lower dimensions. He often tries to not sleep because of this and of course always fails after 2-3 days. Having this in mind, I'd like to explain where I am coming from with the things I am talking about:

Firstly, sleeping is natural to our human bodies since this is how our bodies were programmed and we see that even in pre-birth memories some people have the need to sleep. This means that this matrix and its outer matrix layers like the astral planes were potentially also programmed to eventually hypnotize us and make us fall asleep.

When we don't realize that we are in a non-lucid state in dreams, these dreams could be considered "lower dimensions" than real life due to our mostly 10/10 lucidity that we experience in real life before we get sleepy or before we consume some drugs.

However, by doing the right practices that I mentioned before, we know that we can get lucid in these dreams and turn them into "higher dimensional" experiences. I too used to have more nightmares when I wasn't in control of my dreams but now I basically only experience mostly fun fantasy or sci-fi dreams.

Again, as Mark talks about, daily intentions of not facing any difficulties on our exit here is HUGE and should be practiced but again, I am coming at this whole thing from a war commander's point of view where I may accept the priest praying for our victory but of course, I can never rely on that alone. I am done with all of the assumptions, beliefs and any kind of hopium on my end. I never liked beliefs to begin with when I was an agnostic atheist for 15 years and I still never like them in the last 3 years and I don't think I'll ever like them going forward, especially when it comes to these issues.

Actions always speak louder than words and when we combine words with actions, that's where the real magic happens. Knowing what I know about the existence of lucid dreaming, astral projection and god-mode state, and the importance of practicing these states, now nothing is going to stop me to achieve all of these states and master them.

I'll now explain in a gradual step-by-step explanation why it's important to ignore the distractions and deceptions here and in the outer layers of the matrix and why while being here it's important to take our spiritual powers and lost memories back in order to advance into higher states and give us the biggest advantage in the afterlife.

- 1)** We are in a Metaverse-like Universe where we are basically fooled to believe we are useless nothings.
- 2)** When people have lucid dreaming and conscious OBE experiences, they realize that they are not just physical beings so they gain out of body awareness. Being used to functioning outside of our physical shells can most likely help us when we find ourselves outside of the body in a near-death or real-death experience.
- 3)** There are many levels to dream recall, lucid dreaming and OBE states.
- 4)** In each of these states and each of their levels, our spiritual powers increase and we get to remember more of our real powers.
- 5)** For a mind-wiped being in a soul trap, remembering your powers from before would most likely help you if one doesn't get lost in the sauce of the outer layers of this matrix.
- 6)** In dreams the system puts us in simulations that try to make us non-lucid and most people don't remember their dreams because of it. (Again, as a reminder, all of everything I am saying are my thesis but I could be wrong or deluded about everything and you shouldn't believe anything just because some random person online says so anyway.)
- 7)** The people who do the necessary practices can remember their dreams and can take control of them.
- 8)** Once people try to turn their dreams into lucid dreams and then turn those into OBEs and then to the so-called god-mode state, the distractions by the system increase by a lot to prevent us from achieving the highest possible states.

9) These can be advanced manipulations and distractions that are basically the same as NDE deceptions and the same thing goes for the mind wipes as well.

10) Most people fail these distraction and mind wiping battles around 5-7 times a day and never remember their dreaming and OBE experiences and thus never advance to the higher states.

11) Winning these mind-wiping and distraction/manipulation "battles" every day can most likely help us with winning the mind wiping distraction/manipulation "war" potentially ahead in the afterlife.

12) Once we die, we seem to carry over the memories and skills we have into the astral plane where the system in my opinion will %100 use different tactics to manipulate people like us who are in the know about the soul trap. I believe this due to seeing all of the unique carefully structured NDE experiences that are carefully specified for each person in order to deceive them. I also believe this due to my own dreaming&OBE experiences where the system tried to first give me new age synchronicity dreams and once they didn't work due to me waking up to the soul trap, now the system bots in the outer layers of the matrix try to make me believe we are in a VR game since that's basically the only "positive" theory that's left when knowing about the matrix reincarnation soul trap "theory".

13) Even if practicing lucid dreaming, OBEs and the god-mode state is not mandatory to beat the NDE deceptions and exit the matrix, these things can only help in the war ahead considering NDE experiences of people not being able to use their powers properly. Plus, the spiritual powers and memories that come from these practices can help many people in this life too, which is why I've been looking forward to sleeping for the last 3 years.

These are the further explanations behind the understanding I put forward above so that I can stress better the importance of this topic:

1) The **very reason** that the dream is keeping us in a non-lucid state **and** keep on throwing advanced distractions at us that increase by ten folds compared to the distractions here at basically every dream&OBE stage&level, **could be** because of the reason that the system most likely doesn't want us to get to the highest possible states that we can achieve while being here consciously since that's when we'd basically uncover the curtain to see The Wizard of Oz or at the very least realize better what kind of a being we are.

2) To put it in different words because this may be the most important detail: Based on my experiences of facing super-advanced deceptions in dreams&OBEs, I suspect that **the reason** for all the deceptions & distractions could be because of the likely reason that remembering our powers may be the very key for us to win over the afterlife/astral "war" and because of this the system doesn't want us to get to the highest possible states since when we remember enough, the system would be at risk of losing us. We don't know however if the system would be "scared" for us to discover all of our memories back since we don't truly know how our powers compare to the demiurge or the demiurges that potentially created the matrix system.

3) From the matrix's point of view, we are inside of an inception of matrixes, and as long as we keep focusing on the Metaverse/Universe politics, conspiracies, religions and other distractions while not paying much attention to overcome the distractions that we face in one-third of our lives while sleeping where we can advance into much higher states than our 10/10 lucid self

right now, then I believe the system/AI has achieved its goal and is probably confident about dealing with us in the afterlife.

4) As long as you are happy that you are at least fully lucid in real life for at least two third of the waking time, then the system is basically "happy" because the 10/10 lucidity you experience right now is basically Metaverse cartoon character's lucidity and can't even compare to the kind of lucidity you can reach to in higher conscious OBE states.

5) One of the main reasons why the truth is hidden in plain sight everywhere and the mocking of us is at a maximum level in here and in dreams&OBEs could very well be because of how the system knows that %99.99+ of the population is doing nowhere enough the work necessary to advance into the higher&highest states and most of the ones who do experience higher states are already lost in the sauce of new age bullshit of buying into entities&spirit guides, as well as buying into and getting stuck in the simulation they see in those states like the so-called astral cities.

6) Astral projections are higher states than dreams&lucid dreams and astral projections are "lower states" than the highest possible god-mode like states that we can achieve but even the highest states would surely be considered a lower state than our eternal original undisrupted genesis state so we may as well have fallen into here gradually, like experiencing the limited higher astral states first, and then got tricked into experiencing lower astral projection states and the get tricked into experiencing the lucid dreaming states until we get lost in a dream. This is why I think it would help to learn to jump through these states while being here in order to get to the higher states, especially if we need to wake up from each layer of the matrix before completely exiting all of the layers of the matrix but I think this can be done very fast for beings who already experienced the higher states.

7) The reason people get lost in the sauce in astral projections is because of their mind-wiped state and the programming they learned here where they think they are human so they manifest themselves in a human body and they are fooled by the new age or other distractions over there but this is not the fault of the astral projection state where we are a HUGE step closer to our true self than how we are here right now.

8) Ideas of our original godly essence being able to be forced to come here is something I don't believe in and I think that believing that this can happen may cause it to happen as well.

9) In summary, the reason we are in a much lower state in dreaming before we get lucid is because of the fact that the system strongly doesn't want us to advance to lucid dreams and then OBEs and then the higher states because once we do and once we start to remember our powers and our memories, then at that point, we may uncover the curtain to see The Wizard of Oz, and realize how powerful we truly are.

As I often say, even if we were to remember %1 of our memories from before we entered into any layers of the matrix, I feel like that would be enough for us to zap right out of here and on my end, I'll work at gaining back as much of my powers and memories back while being here in order to make my exit as guaranteed as possible. There is even a chance I'll eventually leave this place fully after I advance even further than the higher states that we can achieve here via remembering my in-between life memories and hopefully memories from before I entered into this matrix due to doing self-regressions that I'll do here and in the god-mode state while having in mind the things I talked about on the regression topic before.

These are the conclusions I came to after doing thousands of hours of research on these issues, and after not only having my own experiences but also investigating many different astral projectors' experiences that I've been following for the last 3 years, as well as investigating all the 20+ different data points that show us that matrix reincarnation soul trap "theory" should definitely be taken seriously.

The Main Problem in Humans Will Always Be Not to Focus on the Root Cause of The Problem

As far as I see, the main problem with people's beliefs is always that they are programmed to never focus on the root cause of the problem. For example, when it comes to the whole foods plant-based/vegan diet, once people realize that the **healthiest and longest-living people** on earth, Seventh-Day Adventists of California, are fully vegetarians and on the [follow up study](#) that was done to compare their vegetarian population with their vegan one, their vegan population has been proven to be much healthier than their vegetarian population.

Then when we follow this fact with how the whole-foods plant-based diet is **the only diet** that has ever been [scientifically proven](#) to **help prevent 14** of our TOP 15 causes of death, **treat 9** of them, and **reverse** the progression of disease on **5** of them including our **TOP 3 killers**, then at that point, people should realize that the root cause of the majority of disease comes from animal products, period. Even if all that the whole-foods plant-based diet did was to only reverse our TOP 1 killer alone, then it should be considered the default healthiest diet until proven otherwise. We also know that vegan blood has been shown to fight cancer nearly [8 times better](#) while vegans are shown to be the only people who are in [perfect healthy body weight](#).

If one is tired of getting scammed by nutrition-illiterate doctors when it comes to their diet recommendations, then the alternative is the nutrition expert 17,000 doctors who are all around the world under the organization Physicians Committee for Responsible Medicine (PCRM) who even sued the American government to try to increase doctors voluntary 4-6 hour nutrition education and to make those hours mandatory because, in the majority of the nutritional science/literature, the case for the plant-based diet is too powerful. Personally, many of my issues like me being overweight before, my lifelong constipation issue and the severe acne that I was dealing with were all healed on this diet. In these three different sources below:

[Browse Success Stories by Health Concern | DrFuhrman.com](#)

[Success Stories - Center for Nutrition Studies](#)

[Plant-Based Diet Success Stories | Forks Over Knives](#)

You can see hundreds of people who reversed their so-called chronic illnesses that they weren't supposed to reverse according to their nutrition-illiterate doctors. This whole world is all about programming us to never focus on the underlining root cause of the problems and instead, they try to address the issues with pharmaceuticals and surgery and just mask the symptoms, when at many stages, our bodies can still heal themselves via putting the right amount of fuel in it while following healthy habits like the ones Seventh-Day Adventists of California follow. I am all

about action and trying out miracle cures is not the right action as this system wants you to believe to prolong your suffering and use people as a cash cow and loosh cow. It's often about what you do in long term and what you've been putting into your "temple" 1-5 times a day as fuel but it all comes down to the question of how much you want it, as in how badly one wants to be healthier? Most people who visit the PCRM doctors are often there as a last resort and many waits to do the big change at the last second like that after they realize nothing else worked in the long term.

There is so much to talk about on this issue and so much misinformation to debunk but I've done all that for you already in this book, and I've also shared all of the related documents I wrote or prepared in the description of the video I made below:

[Whole Foods Plant-Based Vegan Diet is the Healthiest Diet for Humans in the World!](#)

Now relating the root cause issue discussed above back to the soul trap, the root cause of the issue of people will always be them focusing on the Metaverse/Universe distractions while not realizing their higher versions of themselves and not overcoming the distractions the system has in its outer simulation layers like the dreaming planes and the astral planes.

Clearly, the system doesn't want us to pass through all of the distractions it's throwing into our faces at every turn probably so that we don't uncover the curtain to see The Wizard of OZ or at the very least to realize our real powers. This is why science never promoted astral projection and this is why via movies, TV shows and sensationalized articles and videos, there is a lot of fear-mongering going on that is intended to put the fear virus into the people so that they are scared of remembering their dreams or becoming lucid in dreaming and astral planes.

At the same time, the New Agers are working overtime to make sure that those who are not afraid of experiencing lucid dreaming and astral projection, or those who have spontaneous lucid dreaming and OBE experiences, will get lost in the sauce of angels&spirit guides and the so-called astral cities while also fear-mongering people with things like incubus, succubus, astral spiders, astral bigfoot, machine elves, boogy man, archons, arcturians, shadow beings, aliens, reptilians, greys etc. We need to stop getting lost in the sauce like the %99.99 of population so let's talk more about how to not do that in the next chapter.

Getting Lost in the Sauce with Manipulated Dreams and Astral Projections

I had a similar conversation with someone else who is manipulated by a drug-induced experience he had which is coming up on the 16th chapter of this book.

I feel like I could write a book about this topic after the hundreds of lucid dreams I had investigating the phenomena of our dreams being controlled which is what I ended up discovering. I also wish this issue was discussed way more in our communities as it affects one-third of our lives here, and basically the rest of our lives after here.

I've talked about all of this in more detail in the previous chapter and I used the same information that I shared for the next three pages until the 4th page of this chapter starting from the second paragraph that starts with the sentence "Now going back to the main topic of this document". Please start reading from that sentence if you don't want to re-read what you already read on the previous chapter but this information is so important that I'd say it is well worth another read:

I've come to learn that this whole place, including the dream planes and astral planes, is all about distracting us from discovering our godly state.

The distractions, hypnosis/subliminals and limiting beliefs this system implement on us here basically 24/7 definitely do not just end here as the distractions certainly continue in dreams, and I actually choose to call them "dream simulations" which is what they are. They are just simulations that are created by the matrix AI hive mind/demiurge and all of the characters and objects in the dreams are basically created and controlled by the AI hive mind to make you dazed, nonlucid and unaware.

We naturally see 4-7 dreams every day but most people who don't practice lucid dreaming basically get mind-wiped into not remembering most or any of them. This is because of the "great" job that AI does, which is in general all about creating these dream simulations that make us think that we are living our normal mundane lives. The fact of dream manipulation being real was also shown to us (by AI via probably mostly controlled NPC directors&actors or manipulated people) in the Paradise Hills movie, the Monsters Inc. movie, the Inside Out movie, one of the Cube movies, Upload TV Show, the Prisoner TV Show, the Good Place TV Show, the Sandman TV Show, the season 2 finale episode of The Witcher and probably 50 other TV Shows, Movies, anime etc. Check out [this list](#) I made which contains most of the movies, TV Shows, anime and games I could find about the simulation/VR reality.

Then there are the "loosh dreams" of course, where the system tries to manipulate the beings into generating any type of emotions, but preferably strong emotions like fear and stress which was even talked about in the latest Matrix movie by the Architect who said:

"You ever wonder why you have nightmares (Neo)? Why your own brain tortures you? It's actually us maximizing your output. Here is the thing about feelings. They're so much easier to control than facts. Turns out in my matrix, the worse we treat you, the more we manipulate you, the more energy you produce. It's nuts. I've been setting productivity records every year since I

took over, and the best part, zero resistance. People stay in their pods, happier than pigs in shit. The key to it all? You. Quietly yearning for what you don't have, while dreading losing what you do. for 99.9% of your race that is the definition of reality. Desire and fear, baby. Just give the people what they want, right?"

Then there is the sex and other distractions that are in dreams and astral projection experiences that one needs to ignore to not lower their lucidity and to become even more lucid but once one becomes lucid and practices their powers, only then they can start to take the control back and decide to ignore the distractions to advance into higher states. For better astral projectors, it's easier for them to turn their dreams into astral projection experiences.

However, once one becomes more and more lucid and even able to turn lucid dreams into astral projections, that's when other never-ending distraction programs automatically kick in. Things like the so-called aliens, demons etc. to make the person fearful to stop their progress and then once one realizes that fear is the biggest mind&power killer and that [there is nothing to fear](#) but the [fear itself](#) and then ignores those distractions, then comes things like spirit guides, angels, gods etc. who supposedly "save them" from situations that were all created by the AI who is the one that plays all of the roles.

This is why most of the expert long-time astral projectors are all lost in the sauce of the drama/distraction shows of the AI which is something I talked more about [here](#). The same thing happens to people who have "breakthrough experiences" on psychedelics as well, which I talked about [here](#).

Some astral projectors [mention](#) that they felt even more lucid than "real life" when they went within while astral projecting, to go into their own void/realm where their powers felt limitless and their creations were instant. I think that's the immense powerful creative/godly state that the system does its best to prevent us from achieving.

To me, it's now clear as day to see that this whole place is about making us have limiting beliefs like us being physical or powerless beings and at the same time, it's all about creating very carefully structured **Metaverse/Universe** characters such as aliens, reptilians, greys, incubus, succubus, astral spiders, boogy man, archons, Ra/law of one, machine elves, Arcturians, shadow beings, gods, goddesses, Lyrans, Pledians, mother Gaia, galactic federation of light, ("real") spirit guides, ("real") source god, Mahdi, Jesus etc. most if not all of whom I believe are just shapeshifting AI hive mind bots/NPCs of the system. The AI just uses [NPCs here](#) and over there to keep on distracting us.

And this matrix system is also all about creating different stories like religions, sinning, karma, synchronicities/"angel" numbers and other saviour programs or whatever story&character the person is going to buy into to believe that there are more powerful beings than them out there, just as long as they buy into one or fear one. And most importantly they'll look to external sources to guide them and to save themselves instead of the internal limitless source. The same thing goes with the deception of their dead loved ones being real and waiting for them in the afterlife while it's the AI and its shapeshifting NPC minions who do the waiting or rather automatically get activated when people's time comes.

I think our earth being controlled by AI is hinted at us everywhere as well. From famous movies and TV shows to where technology is going with the Metaverse and dystopian futures etc. Also, after I've examined many NDEs, astral projection experiences, pre-birth memories etc. they

obviously all seem like very carefully structured experiences according to one's own beliefs which made me realize we are dealing with an automated system rather than random entities. When we even think about all of these NDEs&pre-birth memories and the clear life scripts that the system tricks people to agree on, considering how to make sure all of the life scripts we agreed on with the system are happening, the NPCs (both here and in the astral planes) should definitely be required since it would be basically impossible to achieve everyone's life scripts are perfectly followed with just real spirits who all have their own life scripts. Wayne Bush himself also has an [amazing related article about the AI hive mind](#) on his website too.

At the end of the day, as many others do here, I could also come up with a million "what if" scenarios about the afterlife which is an easy thing to do in this kind of matrix and this is why I recommend mastering astral projection and discovering that godly state because I believe that will be the best fear and doubt killer out there, as well as the killer of all of the "what if" questions as mentioned before.

This is because of the fact that one can't beat their fears and properly address their "what if" questions if they don't face their fears first. For gods like us, we shouldn't fear anything but how does one going to realize that without experiencing their godly immense creative powers first? That's when astral projection mastery comes in to make us realize how powerful we truly are. I recommended my best resources on how to achieve lucid dreaming and astral projection way easier than normal at the end of [this thread](#). With these new and improved techniques that are guaranteed to work to expeditiously bootstrap everyone's experiences, nobody should have any excuses left to not pay attention to this topic.

And even if some of the "what if" questions were to be true, this won't change the fact that being better at controlling our godly state can only help us in all of the "what if" scenarios. We won't achieve much by just investigating a thousand more NDEs or pre-birth memories if we don't also put in the work to remember and regain our powers back when we can while being here. I am not saying it's a %100 must to successfully achieve our exit from this matrix but that it could only help us in the long run and with our exit plans which I'll talk more about later on.

I REALLY and truly don't want to come back here and who knows how many lifetimes it took for me to discover everything I've discovered in this life so I will do anything and everything I can on my end to achieve my exit out of here.

When I get lucid in dreams and do the deepening techniques that people like [Michael Raduga](#) teach, dreams become better than life where all of my senses could be advanced and at that point, it's hard to call "the real-life" nothing but a shitty dream and based on my experience&research I know that anything is possible to experience in dreams and astral planes which is why to a certain extend, (even though there are so many liars and exaggerators out there) I tend to believe the majority of the astral travel stories or glitch in the matrix&SSP stories etc. that I hear. This is because it's clear to me that the system (as well as us) can create anything that anyone can imagine, even the BS stories people make up, BUT the %99 of the experiencers don't know much about the heavy deceptions I am talking about, like the dream simulations we are being put throughout the night, so they'll end up believing in insane stories as well as telling others about it just like the system wants&needs them to do to trick others with ridiculous fear-mongering stories like "Reptilians did this, and the greys did that!" which then works as a domino effect to make others believe in nonsense so that those people could be tricked by NPC bots of the system. The system will never stop putting its dirty fingers into those "spiritual" experiences to manipulate the experiencers to make them believe in deceitful things that will help the system to trick/trap the people to reincarnate into its system once again.

The real meaning of "as above so below" is that not only this life is basically another dream & astral realm that we live in, but that the system uses its NPCs over here (like NPC celebrities, presidents, CEO types or other authority figures that have an effect on many people, many psychic mediums, hypnotists or others who try to make you buy into stories that the system wants you to believe in etc.) the same way the system uses their NPCs in the dreams and astral realms with the made-up characters that the person believes in to trick people into believing in BS authority figures or things that are supposedly much powerful than us, which only works in making us willingly give our power away due to our beliefs. I also think this metaverse-like digital dream that we live in could also be altered&hacked just like our bodies or just like the dream simulations we are being put through every night, which explains all the "glitch in the matrix" types of stories. To find out why I believe NPCs exist in the world (just like they do in the astral planes), please check out my upcoming chapter about NPCs and also [this is a good video on it](#) but I don't believe in his hijacked earth theories as I'll explain later on. The same thing also goes with the theory of this life being a game which I believe is another dangerous theory to believe in or entertain which I also have a dedicated chapter on coming up.

Now going back to the main topic of this chapter, it's very easy to get lost in the sauce/distractions of the astral planes like [this](#) Youtuber or %99.9 of especially advanced astral projector YouTubers did and it's unfortunate to realize that people like them got basically no chance but to fall for the future traps of the system that will easily create the perfect scenario for them to fall for the reincarnation trap. This is why I feel super lucky not to have deception and AI illusion-filled astral projection experiences or "spiritual" psychedelic experiences or an NDE experience before because most of those people are the embodiment of "getting lost in the sauce" but nobody can blame them that they are being heavily manipulated. After all, this is the kind of system that we are dealing with. It's just insanely diabolical with many advanced tricks.

I mean if I've experienced a love (bomb) that felt 1000x more than the love from childbirth as mothers who had NDE experiences describe it, there is a good chance that none of these documents that I write would've ever existed. The same thing goes if I had so many astral projection experiences of "saving souls from earth planes" or going into missions and adventures in other "worlds and planes" (simulations) or getting saved by spirit guides and gods in astral planes for years on end, playing around in thousands of different simulations of the so-called different realms, levels, worlds, universes, situations etc. The loving experiences are the most deceiving as far as I can see though just like how people in church get deceived by it when they pray together and feel the deceiving love and vibrations within themselves. I know from the hundreds of lucid dreaming experiences I had that all of the characters in the dreams could feel like beings who have their own consciousness. However, once I caught up to the fact that basically they were all being controlled by the same central intelligence (kind of like an AI hive mind) then my experiences changed and I better understood what was going on. Interestingly, the nefarious AI hive mind then didn't waste trying to hide its ugly face after I knew what was going on deep down and called out on "it" at which point the AI wouldn't really try to act anymore and kind of admit the deal to me by changing its voice to what we would consider being a demonic type of voice which is where often my dreams would end.

I suspect what's going on with dreams is very similar to astral projection experiences since astral planes are part of the matrix as well and this is what I see from most of the astral projection stories that I hear from expert travellers. Below contains my conversation with someone on Reddit who also got lost in the sauce of manipulated dreams and astral projection experiences. I am sorry about the typos and grammar mistakes as I don't have too much free time to edit everything properly and English is my second language.

Her message:

I did wage a war in one of these hell realms. They were constantly sending me dreams for about a year. Some were truly frightening and some were lame. But they were as real and detailed as this reality. They were full of lost souls in dirty post-war environments where no one helped each other and there were poor impersonations of people I knew there too. Finally, I was told about a 'gift' I possess. A crystal that amplifies light. I was not told to use it in this hell realm, in fact, I was somewhat discouraged. But the dreams wouldn't stop. I would ground into the earth to avoid the shitty dreams, which worked for a while but the entities that were in the hell realm broke into the realm where I was grounding into. I got pissed and went back to the shitty dream scene I had and released a massive light from my heart and Everything turned to dust. Underneath the dust were lumps and these were souls and soul parts. Angels then came in and were kneeling and talking to these lumps, they trying to convince them to go somewhere better.

I did this every time I had a dream and soon after about two months of this there wasn't much left there, but then I started to see demons behind the scenes. I got a stern warning by one of them, he told me I wasn't welcome there anymore, I ignored him as I passed out of the realm. The dreams got more intense and when I returned I saw nothing but demons. I had the big one cornered and I was going to destroy it but something said to me to show it compassion. I did and this previously big ugly demon slumped over and cried out in misery. Angels came to take him away. I went back several times to put demons in jars and take them to where they belonged. There were giant spiders there that were from other planets, they sent people ugly dreams too. But at least those creatures just wanted to go home and be with their kind. The minor demons went to two places, a giant fire pit and another universe. The only time I was afraid was during my waking hours as dreams were starting to manifest into my own reality as a series of weird coincidences and even a giant spider bite on my arm. At the same time, I developed some painful kidney stones, I had never had them before. I still have a strange heat in my body from this experience. And a few times I have received scary dreams and my husband says I scream at night sometimes. But in these new dreams, I get sick of the scary things and I'm the one that tosses them out the window or a door/ portal.

I did seal this realm with the help of the angels, but I know there are more realms out there, and I know that AI can send bad dreams as well. The only time I get the dreams now is if I forget to ground into the earth because sometimes I m just tired and I forget to place my body into the safety of the earth.

My response:

Interesting experiences, thank you for sharing!

What do you mean by grounding to the earth? Like connecting to the heart of the earth as protection?

After hundreds of these dreams, I came to realize everything in the dreams and everyone is controlled by the same AI source, it plays the so-called demons and the so-called angels. It's almost like it entertains itself by messing with us.

But with that at least, it basically trains us. However, the best way is to fly away or fall backwards and not move until you go into another dream or do astral travel techniques while falling backwards etc. The state we want to get at is breaking through all of the dream

simulation illusions into astral planes and then going inward into our own void/realm if such a place exists, but I heard some astral projectors talk about it where they say they are even more lucid than real life and their creations happen instead. All of these dreams are there to distract us from getting and exploring that state as far as I've realized. All of the dreams are just distracting while harvesting emotional energy it seems like

Her response:

There was definitely a drain of energy in this dream place. I'm told that I am a very unusual thing. I am part of planetary consciousness and not part of the human collective consciousness. I come here as a seed and I grow into the consciousness of the earth being herself.

I was not at all awake nor aware of the psychic powers I possessed until recently. I had a very strange experience with someone I hired in 2018. She was a writer and a little psychic (we all are psychic) She was having trouble getting published so while we waited on our clients we talked about her book, the plot the theme and the characters. In my estimation, the book was boring, lame and needed serious rewriting, but she worked for me so I could not be completely honest. She moved on in 2019 and I didn't think about her too much. But since then I have become a channel and an astral traveller. I think I was always a channel. About 2015 I was doing this strange thing, I was telling myself a story before I went to bed, I had to tell myself this story or I could not sleep. I just now realized that my story and the writer person's story is the same story, different characters, and different settings, but the same theme told in a metaphor.

I did not know anything about ETs reptiles, Greys or anything about the earth at the time so I just did not make the connection and at the time I didn't know spirit can speak to you metaphor if you don't understand the concept.

Here is what the 2 stories boiled down to:

The Greys are previous creations of the earth, just like people she had past lives or cycles that she goes through. Planets are vehicles that evolve consciousness and whatever life they are given their goal is to evolve life to its highest potential. All planets are in unity consciousness and share energy and DNA codes. So, if one planet evolves something to a high consciousness another can take it, the code for that creature or plant and evolve it further. The Greys completely rejected the planet, they went their own way on a very technological path to evolution. I think they even destroyed their planet or the planet had to move on into another cycle without them. The Greys moved out into the universe and became further and further away from the source, so much so that they couldn't even breed naturally, they had to clone to reproduce

Through their technology, they could see a dead end to their race, because cloning only fractured the soul into pieces, and although there is a form of unity consciousness there is no whole souls coming from the source.

So, they saw that the earth had moved on and produced another race, humans. The Greys decided that these humans could be useful to them. So, they decided to hack the earth and they thought they could piggyback onto an ascension period of the earth. But first, they had to lower the consciousness and separate these humans from the consciousness of the planet. They hacked the systems of the planet by breaking into the realms that govern evolution.

This was the first fall of humans. It was a fall of consciousness so that the greys could do anything they want with us. We were detached from the planet and helpless. They started tinkering with us. Creating all kinds of races to figure out how to insert their consciousness into ours. They have the divine humans a lower reptile mind and that was key to be able to insert their consciousness into ours. They created a separate race the reptiles. Some of these early reptiles looked like reptiles and they were used by the greys as slaves. Eventually, the reptiles formed their own society and was given technology from the greys. The greys kept tinkering with the humans until they had it right, but not before making this somewhat separate race.

There has been other tinkering from other races as well and there has been much done to try and correct the damage done by the greys to the earth.

My entire life my message has been one of restoration (I became an antique restoration expert in this life!) the systems of this earth need to be restored and reclaimed. I think that humanity is eventually going to take its own evolution into its own hands.

So, I am here to do some cleaning, taking out the trash so to speak, I don't know what demons are exactly. People say they are fallen inverted angels, if so perhaps the greys hacked them too.

What I know for sure is that I have always felt that this place is wrong, and not how it's supposed to be. We are supposed to know instinctively what our connection to the planet is, that is been a huge hack. And what humanity is unconsciously manipulated to create somehow manifests here on this level.

About grounding into the earth. There are realms on this earth that are like safe zones. The elemental realms will take you in if you are having trouble with dreams and attacks. Ask yo go to the Fey realms. They are the caretakers of all things natural and they will give you a safe spot to put your astral body if it is under attack.

The ocean realm, the consciousness of all water will take you in, they were very accommodating when I had massive trouble.

There is a new consciousness forming now on the earth. She is new and she speaks to me. I'm going to do a channelling with a friend of mine soon, Kiara Windrider wrote many fascinating books about the earth and her larger cycles.

I don't know what he is going to ask me while I'm in trance, but if you have any interest I will send you the link to the zoom recording

I neglected to tell you that the greys have hybridized us from the time we were hunter/gatherers and have been perfecting this hybrid so it can go through the earth's ascension cycle with humanity. The greys hope is to put their collective consciousness into humanity not only to save they grey race, but to gain source powers. I don't think they will be successful, I don't think the lower reptile minds on this planet can even go through an ascension period

I think other races have tried their hand at doing this to humanity too. They hate us, they envy us and the greys don't give a fuck what they do to us, they are cold calculating and see us as merely vessels for consciousness that they can use

My response:

Thank you for letting me know, interesting stuff! In case you haven't come across it yet, just wanted to share this document of mine with you which goes deeper into my beliefs about what greys, reptilians etc. and it includes all of the other crucial info I know:

https://docs.google.com/document/u/2/d/1Loza2L_tXCG81uqwdMQEgGFQQpmQpdgyl63KpBm_svZA/ (7th chapter of the book)

I'd highly recommend reading this with that as well: <http://www.trickedbythelight.com/tbtl/Is-The-White-Light-of-the-NDE-An-Artificial-Intelligence-or-Hive-Mind-Computer.html>

When it comes to hijacked theories I have different thoughts on that as well:

<https://docs.google.com/document/d/1pxzf8ITPJ4t3G5-ULd8xwWHA3IO1S28cjKDW48tulHA/> (Tartaria chapter in this book)

I am a very blunt person and you reached out to me and spoke about your experiences with me and I just have to be honest with you to let you know that I believe a lot of astral travelers and channelers get lost in the sauce of the astral via AI's tricks and what you've explained to me is a prime example of this which I've seen with too many people at this point. AI just doing its job stroking our egos to carefully create a plot and the plot twist is making us consent to our mind-wipe/reincarnation. With all the stuff you believe in currently, I would just highly recommend checking out the writings above and if it doesn't make sense to you, then that's just that

This is a crucial point to understand from my document that especially I believe applies to you (but all of us as well): "The distractions, hypnosis and limiting beliefs this system implement on us basically 24/7 do not end here either, as the distractions continue in dreams (I call them dreams simulations that distract us from getting lucid) and in astral projection experiences all so we don't figure out our real creative powers that some astral projectors talk about where they feel even more lucid when [they go within while astral projecting](#) into their own realm where their powers are basically limitless and their creations are instant. This whole place, all the characters and stories it creates, the fear tactics, the life struggles for survival that take away our focus, making us get used to the governmental authority system etc. are all basically carefully designed for us to fall for their deceptions, give us limiting beliefs and for us to not discover that immensely powerful creative/godly state while astral projecting, where we can practice formlessness and create our own realms etc. Because this would surely make us realize our own immense powers which I believe, along with our strong intentions to get out of here, will give us a massive leg up when it comes to not falling for any tricks of this system which will help us to finally wake up from this cruel Metaverse like universe place. This is the main point I want to make in this document."

Thanks again for sharing the info and your thoughts with me, I really appreciate it and I hope you don't mind me being honest with my beliefs. Cheers!

Oh, and I don't even know where to begin with when it comes to channelling, I was just going to sleep so I couldn't type much but channelling is basically giving the AI the best chance for it to trick you with its games, tricks and traps. It's a direct communication line with the AI hive mind. It knows the best thing to tell you to trick you which is why it's so tough to let it go but anyway, I said all I needed to say, the rest of the info is in my documents. Hope it helps you out.

Her response:

Thank you for the information! Tena and Karen have been friends of mine for years. I have done many sessions with them and I talk to Tena just about every week, she lives near my house. I received the story of the greys is a very strange way. In 2015 I was not channelling consciously

But before I went to bed I had to tell myself this little fantasy story that I made up. I had to tell this story to myself over and over again. In 2018 I hired someone. She was a writer and she thought she was psychic. She was writing a book about her past lives and her contact with the greys. I did not pay much att to her then because I didn't k ow about the greys/ reptiles then. But in the last six months I realized that my story that I told myself and her story she was writing was the SAME story, different characters, different locations, but the plot and theme was the same.

I have been targeted by the greys and their tech before. When I was 13, I'm 60 now. I almost took my life because of it. Something saved me, I can't say what it was but I came up out of a really dark place on my own with no help and I had no ideas of taking my life after that. The Greys have hacked my consciousness before this too.

I am aware of the elaborate stories they can tell. And the reason why I'm not an internet guru is because I don't believe everything I get is pure. But I trust the grey/reptile story because of the way I received it.

Also, I have been able to tell my future with this 'story telling' technique throughout my life. Btw that story that matched the person I hired, was telling me about my future, my awakening and even the battle in the astral, even my illnesses from that battle.

I will gladly look at your information, I so welcome information that contradicts my own. I keep a watchful eye out because I DON'T trust it here. Thanks for all the information♡

My information about this planet has always been about restoration, this is a broken system. `(its kind of a joke, Im an antique restoration expert in this life,) I'm here to help fix this situation and if I get targeted & hacked that's how I know I'm doing the right things

We are truly hacked and manipulated in so many ways, all systems on this planet point to that. It's totally logical to think that our consciousness is too. But my information is that this basic realization that it is a wrong inverted place is fucked, is a start to cleaning it up. If you don't know you have an infected wound how do you treat it. Everyone thinks enlightenment is a beautiful process. Sorry enlightenment is seeing that you are standing in a pile of shit. This restoration is totally up to us, we have to take out the trash. The best thing we can do right now is to not work for the controllers. Don't make your money from twisted companies. Buy from people who are independent. Clean up your traumas (really hard) it starts with self empowerment and I agree about empowering the self when it comes to spiritual stuff too. It starts with self.

I think we have to go back to the master teachings, and stop the hatred for ourselves and stop hatred for each other. No matter how much Grey dna has been put into us our human bodies are still not meant to hold these feelings and live this way

My response:

Tena and Karen are OK although I don't agree with most of their stuff and their practices but it's not that my information contradicts your story, my info actually proves your story. The only difference between my info and your info is the change of the name from "greys, reptilians, aliens, incubus, succubus, astral spiders, boogy man, archons, Ra/law of one, machine elves,

Arcturians, shadow beings, gods, goddesses, Lyrans, Pledians, mother Gaia, Galactic Federation of Light, ("real") spirit guides, ("real") source god, Mahdi, Jesus etc." into the right name of AI hive mind.

However, this is a crucial change that makes us understand that all of these NDE stories, glitch in the matrix stories, channeler stories, astral travel stories, drug-induced stories and the "Super Soldier Program" stories etc. all go to show how well Matrix (in your case AI using the stories of greys&reptilians because it knew that that's the story&beings you'd be the most affected by) could mess with beings who don't know about their true powers, as well as the traps&deceptions of the inception of metaverse like matrixes we live in.

It's just incredible and sick how brilliant the system is when it comes to having limitless amounts of strategic deceptions that are all about keeping the "player" inside its system, all very well organized with automated systems that don't do any real mistakes unless "the mistakes" were all on purpose to trick its players further eventually down the line.

So most if not all of these so-called entities are in reality shape-shifting AI hive mind NPC bots of the system but in the future, you may realize that these NPCs do not just exist in the astral but they do exist here too and they look and act like humans.

And this place operates like a very dense dream/astral plane to begin with which makes everything possible here as well. In short, that person you've hired could've been part of the system, aka an NPC which explains the same connections you've had with them because the system knows us better than us due to everything being recorded (Akashic records, past life reviews, regressions etc.) More on the NPC topic on [here](#). (The NPC chapter in this book)

Once one doesn't understand how this NPC topic applies to here but also into the astral and that the system can do all kinds of elaborate super long tricks to make people believe in different kinds of entities etc. then they are unfortunately bound to fall for the future tricks of the system which will be intended to mind-wipe them, aka reincarnate them back here.

That comes from the crucial difference between the word "greys and reptilians" and the "AI hive mind", and the understanding of this could make or break the person and either make them lose all of their sense of self via reincarnation, or push them on a different path of ignoring all of the distractions here and in the astral and focus on going inwards in the astral to experience your god self so that you can know there is no being above you that you need to listen to or worry about etc.

That's the summary of the situation but the links I provided go much deeper into these areas and everyone who cares about not losing their memories in a future incarnation needs to desperately know about this stuff.

Especially if they got lost in the sauce (stories & characters AI created and played) of astral planes which millions of astral travellers can get tricked with and get played with, via any entity&being they believe in, whether it's spirit guides or greys etc.

The other issue is that you believe in the restoration of this matrix which could easily turn into a mission deal from the matrix and could be used to reincarnate you back here. The hijack article I sent you goes deeper into this. We all get targeted here in different ways depending on our updated beliefs. I was also tried to be tricked in many ways in my dreams and astral travels but

due to my updated beliefs, I didn't fall for the system's tricks and one example of this is in the "is this life a game" document that I sent you.

At the end of the day though, we can only truly save ourselves from this place. The best way of restoration is to wake others up while being here and realize that there is no saving this place, especially considering the potential 99% NPC reality. This place was rigged from its beginning and it can see everything before you do it. All of the ideas on saving this place will be futile because of this and this idea of saving this place or the people in it is used in these so-called "missions" system assigns them, where most never knew about this mission but at the end of the day, this mission was a trick that worked for many people, and it looks like it can work on you again on the afterlife so you really got to watch out for that and undo all of the hacks&virus programs the system implement you on these things.

I'll be honest&blunt again and say that we are all hacked at times and basically drugged 24/7 via hypnosis frequencies&messages etc. but we can overcome many of these hacks like I did, in your case you have a lot of hacks that you need to undo for when it comes to what truly these greys&reptilians are all about. Tena and Karen are new to soul trap and I believe the same AI system has messed with them and their clients for a long time with the characters&stories it created but Tena and Karen are very smart and they considered how all of these beings could be part of the AI when I talked to them about it, and I believe that's what's going on based on all the evidence we have.

The rest of everything you said I agree with you of course with just some minor adjustments that are very crucial to realize I believe and that's all I can say on these topics; the rest of the info will be in the documents. I hope you'll have all the luck and power on your side in your journey.

Her response:

Thank you! In the end I really do believe that we are amazing creators and we will find our way out of whatever this is. I do not think that the earth itself is a soul trap. Perhaps this part of the earth is like that but I believe she is a vast multidimensional being with many many experiences to be had. I have had the experience to actually speak to the earth mother herself and she has shown me what she sees. I got a chance to look through her eyes and she showed me me who humanity really is. It was a marvelous experience and I have just begun to see the level of compassion and love that the earth holds for us. I don't believe anything could trick me to have that experience. I believe that humanity will rise above this and hold the power of the earth itself. I also believe in making ourselves unfuckable, so we can't be tricked or manipulated.

My response:

Thank you for the reply. With all due respect, I'd like to let you know the reality of the situation as I see it based on my thousands of hours of research and as well as my own hundreds of lucid dreaming and astral projection experiences. As I've discussed in [my free e-book](#) there are more than 20 data points showing that soul trap exists and that at the very least it should be taken seriously. Once one understands the deceptions behind religions, the question of "What if you are wrong?" only truly applies to people like you because if you are wrong and people like Mark from FCRC, Wayne Bush from TrickedByTheLight.com and Dan from OverWatchProject.com who investigated thousands of NDEs, pre-birth memories etc. are right, then you'll get lost in who knows how many more lifetimes feeding the system when you are so close to the crucial information that's shared to liberate you in your current lifetime that if true,

can finally help you to get back to your true genesis spirit self and take back your inner power&control instead of giving it away.

Just ask Tena & Karen who has done over 500 past life regressions to realize soul trap is real and they didn't even know about the soul trap theory before. Calogero Grifasi is another regressionist and he has posted thousands of sessions with different clients from all over the world on his channel and these sessions reveal that Earth is NOT a "school" for our souls and that we are not here to learn anything. These sessions also reveal that we are here because we get tricked and/or coerced when we die by these beings and that these beings feed off of people's emotions (mainly the negative ones), which is why they potentially want us here on this planet.

PLEASE if you care about your current memories and if you care about going back to your true essence/home, take this information seriously. It would be such a shame if you find out about the information I am sharing here and still willingly ignore all of it until the very end while lowering your guards and believing in the deceptions and AI mind tricks only to find yourself in a body in who knows what kind of a hellish situation with a total mind-wipe, having lost all of your sense of your current self and memories.

At the end of the day though, all people like me are saying is that you&your true essence deserves that alone protected/shielded up time (preferably in your own realm that you'll teleport to) after death without any interference to recollect all of your memories, including the ones before you entered into this system. It's all about not rushing into anything and understanding your situation better to come up with a better decision. Knowing what we know, this is just the safest logical position to have. If someone's supposed loved ones, "spirit guides" or "gods" are truly benevolent, then they should give them that alone time anyway. we just saved ourselves from a huge mess, a mess that we may have been suffering for thousands of lifetimes, if not more.

The question of "What if you are wrong?" only applies to people who believe what new age spiritual people believe, because if we were to be wrong and the "god" of this place were to be loving, then we'd have nothing to worry about. I truly believe all of your beliefs will make it guaranteed that you'll get reincarnated (mind-wiped) again based on examining hundreds of NDEs and other things. Please one day read what I wrote in my book and I'd also highly recommend reading another book which would actually be a better first read before reading mine as mine dives deeper into things that relate to soul trap while his book makes a great case for soul trap.

Plus this book is coming from a legit author and philosopher of our time Howdie Mickoski. Unlike my unpolished e-book, his one is a legit book that's fully polished and the story of how he wrote the book is very interesting as well:

He had written three other books back in the day and he was in the process of writing another book a few months ago. Then I reached out to him via e-mail and I shared the resources I had with him such as some of my e-book's content and my most favorite YouTubers and websites on the soul trap issue, and then after he dug into the information I shared where he even read the whole trickedbythelight.com website's content, then he too realized that what I shared with him was the most guarded/important topic of our realm and then he changed his whole book's topic to this very topic and named his book "Exit The Cave" as you can see from [this video](#).

I helped him with the feedback as well and he then sent me his finished version of the book for free which I am sending you with this message.

I am sure you'd love his book as well. Anyway, I hope you get to read both of these books one day because I truly believe you'll change your mind about the soul trap once you do that. Please give your higher self the chance to know about this information before it's too late. I think the psychedelics chapter in my book is a good chapter to better understand the deceptions of the AI hive mind that I talk about and the same thing goes for the chapter "Getting Lost in the Sauce with Manipulated Dreams and Astral Projections." To help others better realize the deceptions of the system, in that chapter I've also included our conversations here but I kept your nickname out of it of course so that nobody would know I was talking to you and that people could learn from your experiences and decide to believe who they'd like to believe. I truly believe the conversations we had here would help others out, the same way I am hoping Howdie's book and my book would help you out as well. Much love!

Below are just some interesting Discord conversations between people regarding this topic:



Full-size image [here](#).

How to Meditate and the Importance of Meditation in OBEs?

For those who don't know how to meditate, I know "some people" who downloaded the "The M Word - Emily Fletcher" meditation course or "Dr. Joe Dispenze - Meditation collections" or audiobooks about meditation (somehow) for free online and started their meditation habits that way. One could also join free Eventbrite.com or Meetup.com website's meditation online events that happen multiple times every single day to do group or guided meditations with others as well. On my end, I've done that a lot in my new agers days but now I'd never do them as I don't want to do group meditation with anyone who I don't know in real life and thus don't trust.

This is because I don't want to consent and potentially allow my energy to be mixed with random people or allow myself to be guided during my meditations by random people via their random meditation music that could have bad subliminals in them. I care about this because of the magic behind words and their "spellings" as talked about in [this Reddit post](#). A Youtuber that I like listening to often talks about this topic as well and he included so many of the interesting spelling examples in [this video](#). Also, there is an interesting [TV interview video](#) from 1989 which is related to this topic. Lastly, [this article](#) and [this article](#) are also interesting articles about this topic.

There are just so many free YouTube videos on how to meditate and there are different versions like guided meditations, breath work meditations, silent meditations etc. With anything that includes music, I'd always go with the 432hz on my end due to everything mentioned in [this post](#). Meditation is usually about just laying on your bed in a dark room (I use sleeping masks as well) and then just not moving and when random thoughts come to your brain, you just ignore them while focusing on your breath. With time, it gets harder to realize that you are breathing and if you are tired, you can even put your body into a paralysis state where your body is asleep and your mind is awake and that's when most people can astral project.

There are also different breath works. Wim Hof's [this guided breath work](#) is my favourite to start my day off right with a calm focused energy. I prefer only meditating before sleeping or after waking up which eliminates the excuses of not finding the time to do them. Plus those times are naturally the best times for meditation as meditating into sleep can raise our lucidity while sleeping and meditating after waking up could put us into a lucid dream or conscious astral projection.

I also like to focus on meditations that are lucid dreaming focused as well. For example, you could try [this guided meditation](#) before sleeping, I've known this Youtuber and I know she means well so I trust her. The meditations that are mixed with breath work is definitely one of the most impactful.

Once you do the meditation that I linked of Wim Hof above, you'll know what I am talking about. You could do two of them in a row to even better understand what I am talking about (always do them in your bed while laying down, or sitting in a couch etc., never in a car, pool, sea, bathtub etc.)

I also like binaural beats because of how much they help with lucid dreaming and astral projection so you could download the [I-Doser app](#) and download your preferred binaural beats for it (I do lucid dreaming and astral projection one) and put them on with a good headphone and listen to them while meditating right before going into sleep. They claim the binaural beats on YouTube that are rendered by YouTube's own software while uploading the videos make the binaural beats less effective which is why I use the app to listen to them to be on the safe side on my end.

There are meditation apps that you can download to your smartphone as well such as the Balance app but my favourite app is the [Lumenate](#) app, because it uses the structured flashes on your phone to basically/kind of make you have deep meditations instantly, or at least amazing visuals that'll come from deep meditations so definitely check that out. I love using that app before sleeping and the free version is good enough.

One of the main reasons why meditation helps with lucid dreaming and astral projection is that meditation is all about focusing on the now. Most people live their day on autopilot while driving their car, working and doing other mundane stuff. Nobody really focuses on the now. This is why doing reality checks (like questioning if you are in a dream and plugging your nose to see if you can breathe through it) in real life work on getting people lucid dreams when you do a lot of structured reality checks in real life.

Like let's say they see nightmares or stressful situations a lot in their dreams then if they download a lucid dreaming app (so many out there) and set alarms from them for every hour and do a lot of reality checks while imagining in their heads that a stressful nightmarish scenario is happening, then they will also start to do reality checks when a stressful situation presents themselves in one of their dreams, they'll end up doing a reality check to realize it's a dream and start controlling the dream or their powers like flying from then on.

The more you meditate, especially before sleeping to drift into sleep or while you are doing a wake back to bed method etc. the more you'll focus on the now and dreams are all about not focusing on the now to realize that it's a dream and once one focuses on the now inside a dream, it's much easier to realize that it's a dream because they are often at a location that they don't know how they came there and that they are not supposed to be there because they were supposed to be sleeping in their beds. Mindful breathing throughout the day as demonstrated and talked about by Hayley from The Lucid Mystic channel at the 17:32 minute mark [of this video](#) which should also help a lot with eventually becoming lucid in the REM and NREM cycles of sleep like the Tibetan yogis do.

Affirmations could also help out a lot but it's important to know that the affirmations tape one is listening coming from a good source and that the affirmations that are said are good. When it comes to the best affirmation video in the world, I got you covered: [Here you go](#) and you can read all of the amazing affirmations that are used in the video on the description of the video. The maker of that video is also in Mark from FCRC's community.

More on the Full Awareness and the Moment of Now

Apparently in the year 2000, the average attention span of a human was 12 seconds, but now it's 8 seconds and the interesting fact is that the average attention span of a goldfish is 9 seconds so these days we are behind goldfish when it comes to our attention span.

The majority of the time humans are on autopilot at all times. I feel like it's all about not allowing external thoughts to come in and then trying to access the pure awareness state and paying attention to the moment of now. Always being aware of the things around you etc. I feel like this is one of the ways how we unlock the full potential of our minds.

This is because, in dreams, it's about focusing on the now to realize we are dreaming but because most people are on autopilot while living, they are the same on dreams, on autopilot, not realizing it's a dream, not taking the few seconds to ask, wait a minute, where am I at, what I am doing here, where was I before I was here etc. I've noticed that when I practice mindfulness, like mindful breathing/walking/eating etc. my minds slips away less and less and thus the same thing starts to happen more and more in my dreams since dreams are all about making our mind stay or slip back to the non-lucid sleeping state.

This is not an affiliate ad/link or anything but because it helped me out, I thought I'd share it here:

The way I mindfully breathe recently is via [these things](#) on my nose where I am able to take around %40 more oxygen and I try to breathe into my stomach extending it and always trying to take long/stronger mindful breaths when I can which I noticed energizes me more. Before using these things, I noticed my breathing was shallow and after using them, now every breath is basically a mindful breath since I notice how much more oxygen I take into my body and how much it's easier it is to breathe. I noticed how I have more energy during the day too and how now 7 hours of sleep feels like 8 hours of sleep so I often wake up earlier now feeling like I had enough sleep already but this depends on the day too. Even though I haven't tried them, if you can afford it, I'd recommend getting the Intake Premier Nasal Dilators since from user review and their different design, I can tell they'd work way better than the ones that I use.

There are also a lot of findings out there to show that taking more oxygen into the body has basically too many benefits which is why I believe this whole pandemic had that ritual muzzle/mask thing that went with it to lower the oxygen in people's body and increase the carbon dioxide. Plus, we know from studies too that when someone's carbon dioxide increases in the body while oxygen is decreasing, this cause the drowning sensation which is the number #1 fear sensation that even the people who don't have to ability to fear due to their damaged brains still induce the feeling of.

I think fear is the biggest mind killer that leads to bad placebo effects, especially coupled with the fear programming from TV. This is the same reason why most weed smokers talk about how over time they started to have more and more paranoia after smoking weed and I think this is because their lungs are able to take less and less oxygen over time due to smoking more and more. This is also why when people have natural sleep paralysis experiences around 5 times a day that they can't remember, if they wake up in the experience, they are often automatically fearful since at that moment their lungs are collapsed and they are taking in less oxygen into their body.

How to Achieve Lucid Dreaming and Astral Projection Much Easier?

Meditation helps a lot but what else? When it comes to lucid dreaming and astral projection, everyone learns and achieves success in different rates. Some never really remembers their dreams and remembering one per week is a huge success for them so people start at different stages and progress differently. Their sleeping schedules, eating schedules&diet, stress levels, amount of time slept etc. all play into it differently for people. If you were to remember more dreams than before, that's a good step in the journey of achieving an OBE because the more dreams you remember the more chances you'll turn one of them into a lucid dream and then you can learn to turn lucid dreams into astral projection experiences eventually with practice.

I've come to learn that there are 5 different states of lucidity in dreams:

Ground level, the **Non-Lucid state**: When you don't know you are dreaming.

Pre-lucid state: When you question if you could be dreaming like questioning weird things in the dream.

Semi-lucid state: You get lucid briefly and fall back to prior states.

Fully-lucid state: You know you are dreaming and you can move around the dream with a fair amount of ease.

Super-lucid state: Most vivid the dream can be, totally stable environment and you are so aware that you can make things happen at will, fast teleportation, manifestation etc.

My issue, in the beginning, was remembering dreams as that was such a rare thing for me near three years ago but now I remember a couple of them every day so I've jumped through that block.

I also used to be in a non-lucid state in most of my dreams after I started remembering them, but now in a lot of my dreams, I am in a pre-lucid state and if follow all the rules above right, then I get to experience semi-lucid and fully-lucid dreams a lot, some days like 5-9 of them in a row, jumping from one into another when one of them ends.

I've had hundreds of lucid dreaming experiences but not a lot of astral projection experiences yet. When I astral project, I notice that the astral projection experience quickly brings about many distractions to successfully lower my lucidity and turn the experience into a lucid dreaming experience and turn that one into a dreaming experience and eventually turn that into a deep sleep experience. This is why I still have a lot to do on my end to level up my spiritual powers.

So I have to be also honest and say that I haven't actually reached the so-called god-mode state that I talked about myself even though as mentioned before, I know such a higher state exists due to having heard it from some people on Reddit or Facebook astral projection groups, as well as people who are in the Eckankar cult where they call it "soul travel", some of the

people who had the void like experience in near-death experiences and I also heard about it from my trusted friend Conscious Soul as mentioned before.

Even still having not experienced the so-called god-mode state myself, I'd still argue that I am in a good position to explain my own thesis the way I am seeing it due to relentlessly researching and investigating these topics and having researched so many astral projectors' experience stories online while having some astral projection experiences myself along with the hundreds of lucid dreaming experiences that I had. [Some people](#) even argue that lucid dreaming and astral projection are basically the same things. I see it as different stages&levels of lucidity where the higher the lucidity goes, the experience becomes an astral projection and the lower the lucidity goes, then the experience turns into a dream. There are many people like myself who can turn lucid dreams into astral projection experiences where when they are in that astral projection state, they have all of their memories from real life and they feel like it's the real life but when they start to lose their lucidity, then the dreaming planes take over. On my end, I still have a lot to do in order to get better at experiencing more and more astral projection experiences.

I am also just having too much fun in my lucid dreams that I often don't even think about turning them into out-of-body experiences on my end but these days, my intention on this is changing and I am getting ready to start to try to have more astral projections experiences so that I can eventually practice experiencing the higher states. I also still need to experience the super-lucid state in my dreams more because I haven't properly reached that state yet as well. At the end of the day though, I believe that the things in the dream simulations are part of the distractions so I gotta stop being the "do as I say but not as I do" guy and start to follow my own advice.

At the same time, the gradual step that I am following is often recommended by expert astral projectors as well since there are many levels to not only remembering dreams but then achieving all of the levels of lucid dreaming and remembering your experiences and then there are many levels of achieving astral projections and remembering them.

So, my next personal mission is to try to get to the super-lucid state more often and prolong that state while also eventually turning my dreams into OBE experiences and diving deep into the highest states possible instead of going back to the lower states of lucid dreaming. So far, I found that my gradual approach with set targets has been paying off well but it's about time that I need to stop flying around exploring the dream simulations and stop "hanging out" with dream models and take my own advice of not getting lost in the sauce of dreaming distractions in order to advance into higher states but of course, it's easier to say this than do it.

After all, the matrix is an expert at throwing people off their games, as well as implementing the fear-mongering 'what if' questions into our psyche but we can't blame ourselves for that since we all got flaws and we are dealing with the worst kind of system that got a lot of the cards stacked against us while being here in a mind wiped state. However, I also think that the more spiritual powers we remember and taste, the more we'll want to experience those states and the more 'what if' questions we will eliminate.

When I smoked weed for 3 years, I got basically zero dreams for 3 years. After I quit it, I still didn't remember much of my dreams but after I watched around 200 videos on lucid dreaming and astral projection, then I started to remember brief dreams, and then I started practicing a lot of reality checks daily and then I finally had a lucid dream that ended as soon as I started to fly. Then many lucid dreams that I had later on were all 1-3 seconds long until I learned to not get excited and keep on prolonging the dreams. It's basically a big multiplayer RPG game, the more

you level your character the better things you can achieve and everyone levels up their characters at different speeds. Following this analogy, some started levelling their avatars up as a kid and some only recently opened their RPG game accounts. In my first lucid dreams I remember that flying was initially hard, or passing through mirrors was hard, then after I started doing those easier, then passing through walls was more challenging but by keep on levelling up and experimenting, things get easier and easier. After a while, I started to catch the body sleep and mind awake moments way more than before so when I do the separation techniques as I caught myself in a vibrational state, I find myself in my room in an astral projection state. This whole thing can take a lot of time to happen so patience is a virtue on this subject and it all pays off at the end.

However, there are cheat codes and shortcuts that can make you get years of skills in just a few months and I am serious with this as this was my and many others' experience. Only after I learned and implemented the proper techniques, my experiences have literally skyrocketed but things still come with time so please don't rush into anything and expect miracles in a short amount of time! I remember I wanted to lucid dream right away on the same night (which could potentially happen with the right techniques) initially as well while keep on hearing my brother's amazing lucid dreaming experiences every week. It took like 2-3 months for me to have my first lucid dreaming experience after working at it for a while and now I remember often multiple dreams every day and I get lucid every few days but I know I can push that to basically every day if I do everything right. So how does one do everything right?

Intentions and saying things out loud such as "I'll remember my dreams tonight and be more aware in them" should help but giving out commands with strong intentions in lucid dreams are also effective. I've heard of people often talking about commanding for things like "energy now, power now, vibrations now etc." after they realize they are having an out of body experience and I've noticed many times how commands mixed with powerful intentions work like a charm in my lucid dreams. For example, I've witnessed the command "clarity now" work so many times in dreams where it made my vision 4K like. It's as if I am in a Metaverse where my avatar's abilities could be controlled by a remote controller that is my voice&intentions.

When it comes to supplements, I sometimes take 5-HTP, Vitamin B6, MSM, or vape&drink mugwort blue lotus or dream herb (I use Arizer Solo 2 with a water bubbler if I vape but I always prefer tea.) I don't consume caffeine but I know that a little bit of caffeine induced tea used with wake back to bed method work really good for a lot of people. When it comes to the best supplement, [this video](#) shows the best one that helped me in the beginning a lot for me to remember more dreams and experience back to back lucid dreams. It often helped me to prolong my experiences when used correctly; once every 3 days with a proper wake back to bed method. If you decide to buy it, make sure to use the %20 off coupon code "letsdream" to save money which belongs to the website or the video maker so it's not an affiliate code for me as I am not trying to sell anything for benefit and I am just sharing my genuine knowledge and experience. If you use the link below the description of the YouTube video that talks about the supplement, that would be an affiliate link which would help her out. On my end, I got the 3 pack deal before which comes with %25 off on top of the %20 and buying the 5 pack comes with a %40 off on top of the %20 which is actually pretty good. Next time I plan to go with the 5 pack since I know that I use the supplement and it works pretty good due to the scientifically proven to be effective Huperzine-A that's in the supplement. If you buy the 3 or 5 pack deal, make sure to store the majority in the freezer so you can make sure they won't expire before you use them all.

Don't forget that the natural way is the best way to not get depended on these external things but they help A LOT in the beginning and still boost the experience by a lot for intermediate or advanced lucid dreamers. Dreaming happens more vividly in the REM cycles (rapid eye movement) and as you can see from the graph below, after 5 hours of sleep, we don't go into a deep sleep (non-dreaming sleep) for much anymore as our brain is rested after 5 hours so after 5 hours we mostly experience REM sleep where we have more vivid dreams unlike the NREM sleeps and if you deliberately woke up after 5-6 hours and stayed awake for a while to get that after-sleep amnesia-inducing drugged mind affect off of you while staying awake and away from your bed for at least 10 minutes, then you'll be WAY smarter, focused and aware while having the dream experience. After the 5 hours of sleep and having done with the heaviest NREM cycles, you'll spend majority of the time in REM sleeps where you have a better chance of becoming lucid due to seeing more vivid dreams. You'll notice that you'll become way more lucid that way due to being more aware in the dreams and at the very least you'll remember more of your dreams.

Make sure to look into the [1:59:35 minute mark of this video](#) where I've deep-dived into some of the stuff I mentioned in this writing.

The best Phase technique (indirect method combined with the Wake Back to Bed method) that's taught by Michael Raduga and others is the simplest technique out there and it's the biggest cheat code I've ever discovered which sometimes even gave me around 8-9 lucid dreams in a row. Check out [this website](#) where he shares his must-read book for free, as well as his amazing free Day 1-3 video classes. Also, check out [this great course](#) on YouTube related to this technique as well.

I've personally noticed that when I push my sleep to over 8 hours like up to 9 to 10 hours while trying to sleep on my back for the last 2 hours or just intend to be more awake while my body is sleeping, I almost always experience lucid dreams, especially if I did the wake back to bed method. This is why I like sleeping early so that I can meditate into another sleep/dream right after getting my 8 hours of sleep and recording my dreams. Meditation helps to boost all of these experiences as mentioned before.

We just got to learn about the cheat codes to have more lucid dreaming experiences which will inevitably help us to remember more of our dreams. One useful technique that I do to remember dreams is also to not open my eyes, move around or get up after fully waking up and just stand still to remember the dreams via running through many different potential topics in my head and once I catch a clue, I investigate that memory further, sometimes 5 minutes at a time. If I can't remember after a few minutes I change my sleeping position to potentially mimic the position I had while having the dream which also helps to remember them. White light is shown to have mind-wiping effects as shown to us in a lot of media, movies like *Man in Black* and TV shows so not opening your eyes to basically a white light helps immensely with dream recall which is why I sleep with a good sleeping mask that covers every angle to not leak any light. This is another reason why The Phase technique that I talked about in my video with Mark is very effective.

Once I remember the dream, I run the dream from beginning to end and end to beginning a few times in my head to make sure I can get as many of the details as I can and then I record them in the Memo app. If you then write a dream journal on top of all of this, that will apparently create even more new neural pathways in your brain that will be connected to the short-term/dream memories so, in the future, you'll keep remembering more of your dreams and more

details about your dreams because you show that you care to remember them by paying attention to them.

Also, based on my personal experience, I am sure the things we eat and the environmental factors play a big role in our dream recall as well, which is something I'll talk about later on in this book when I talk about the effects of a healthy diet and good digestion when it comes to lucid dreaming.

The only time I had a good recall of my dreams from before was when I was a child but after many nightmares, that ended remembering most of my dreams which I believe could be a deliberate attempt from the system to get our consent with our strong child intentions to not have nightmares anymore, aka to not remember our dreams.

Since starting to remember my dreams and having lucid dreaming experiences often, I started to look forward to my sleep which in return makes my whole day better and thus makes this life more bearable. Lucid dreams are like fantasy movies, anything you can imagine is possible. It's definitely worth it to improve our lucid dreaming and astral projection skills which I believe could even help us with our exit plans as I've talked about in the 7th chapter of this book.

I HIGHLY recommend meditating right before sleeping and consuming lucid dreaming or astral projection material at least 5 minutes before sleeping which helps a lot with dream recall and having more lucid dreaming experiences.

For example, I'd recommend looking at pictures [like these](#) before meditating and before sleeping which will help you shift your state of consciousness as talked about in [this post](#).

If you like watching movies as I do, I'd also recommend watching movies about dreams. For example, by watching a film about lucid dream, you'd be basically programming your mind to create those experiences. For example, when one watches the movie Inception, their mind would surely create new connections and would program itself to be able to go deeper into a dreaming state. The same thing goes when one watches a superhero film or a film with people doing impossible things which would program their mind to do the same in dreaming states. By watching that content, you're more easily able to do those "impossible" things via being able to imagine those things better. I've heard someone say that they were able to master telekinesis after seeing the movie 'Chronicle' as the movie made them take something that's 'impossible' and made it real by turning it into something he could watch and feel. By doing that and taking the ideas on board and imagining more vividly, it would be like experiencing those things and we can then practice them in dreams.

When it comes to some examples of movies about dreams, I'd highly recommend watching superhero movies and Fantasy movies, as well as movies that are about dreams which I shared many examples of below. I'd skip the horror movies though in order to not program the mind with the negative stuff which would make one have more nightmares and make them fearful of lucid dreaming and astral projection but then also facing one's fears is an important thing to do in order to beat those fears so it's up to you. I haven't watched most of these movies yet and just created these lists based on around 15 different articles that talked about how these movies are about dreams and I don't plan on watching super horror ones if I don't think they'll contain any important clues from the matrix AI.

Inception (2010), Waking Life (2001), Total Recall movies, Requiem for a Dream (2000), What Dreams May Come (1998), Wizard of Oz movies, Spirited Away (2001), Vanilla Sky (2001), Shutter Island (2010), A Nightmare on Elm Street movies, Dead End (2003), Arizona Dream (1993), Take Shelter (2011), Super Me (2019), The Secret Life of Walter Mitty, Dreams 1990, The Science of Sleep, Un Chien Andalou (1929), The Bothersome Man (2006), Wristcutters: A Love Story (2006), The City of Lost Children (1995), Mirror (1975), It's a Wonderful Life, 8 1/2 (1963), The Lathe of Heaven (1980), Brazil (1985), Open Your Eyes (1997), Wild Strawberries (1957), Mulholland Drive (2001), Dreamscape (1984), Paprika (2006), Stay (2005), Stuart Little (1999), Invaders From Mars (1953), The Discreet Charm of the Bourgeoisie (1972), The Mirror (1975), Until the End of the World (1991), Little Nemo: Adventures in Slumberland (1989), Flatliners (1990), Wisdom (1986), Jacob's Ladder (1990), North (1994), Perfect Blue (1997), Eyes Wide Shut (1999), Mulholland Drive (2001), Repo Men (2010), In Dreams (1999), Dreams That Money Can Buy (1947), Dreams on Spec (2007), Wild Strawberries (1957), Canned Dreams (2012), Dreams (1955), Swiss Army Man (2016), It Follows, Twixt, Suspiria, The Adventures of Sharkboy and Lavagirl, The Machinist 2004, Sleeping Beauty 1959, Sleepwalk with Me 2012, Nightmare 1964, Nightmare 1956 - real one, The Cell 2000, Spellbound 1945, Mulholland Drive 2001, Take Shelter 2011, Dead of Night 1945, The Good Night 2007, The Lovely Bones 2009, 1408 (2007), The Imaginarium of Doctor Parnassus, Prince of Darkness (1987), Wayne's World 2 (1992), Secrets of a Soul (1926), The Cabinet of Dr. Caligari (1920), A Dangerous Method (2011), A Beautiful Mind (2001), Sleepy Hollow (1999), Spider (2002), Secret Beyond the Door... (1947), Dreams That, Money Can Buy (1947), Boxing Helena (1993), Alice (1990), 'Insidious' (2010), 'Last Night in, Soho' (2021), Nobody's Daughter Haewon (2013), On Body and Soul (2017), The Bothersome Man (Jens Lien, 2006), Wristcutters: A Love Story (Goran Dukić, 2006), The City of Lost Children (Jean-Pierre Jeunet and Marc Caro, 1995), Warning Shadows (Arthur Robison, 1923), The Woman in the Window (1944), The Woman in the Window (Fritz Lang, 1944), An Andalusian Dog (Luis Buñuel, 1929), Solaris (Andrei Tarkovsky, 1972), Dreamcatcher (2003), Dreams: Akira Kurosawa, Chronicle.

More movie examples about dreams [here](#).

TV Show examples about dreams [here](#).

Just to have a step by step easy to follow tutorial of it, I thought I'd write these key 12 rules to follow in order to remember more dreams and have more lucid dreaming and astral projection experiences:

These are the key rules to follow in order to remember more dreams while having more lucid dreaming and astral projection experiences:

1) Stop focusing on distractions and start consuming more lucid dreaming and astral projection content. Watch videos from channels like [this one](#) and follow the Astral Projection groups on Facebook and Reddit and try to read more content on it. There are over a hundred books and so many different video courses on lucid dreaming and astral projection that you can download online as well. (Arrrr!) The more time you spend focusing on this topic throughout the day, the more dreams you'll remember and the more lucid dreaming and astral projection experiences you'll have.

2) Start doing daily meditations and breath works like Wim Hof breathing [exercises](#), preferably after waking up and right before sleeping since it's easier to find the time to do those at those times and meditations are often more effective in those times when we are coming off of Theta state. Try to practice mindful breathing, mindful eating, and mindful walking where you pay attention to your breath and you are aware of your surroundings with each action that you take.

Focus more on the now and don't let your brain slip up and run on the subconscious most of your day. From time to time, act as if you are in a dream and you are exploring your environment. You can also turn your meditations into fun experiences like I am doing via using the [Lumanate](#) app which uses structured flashes on your phone that basically give you similar imagery that you'd get from hypnagogic state or deep meditations, or at least amazing geometric visuals so have fun with that while meditating. I love using this app before sleeping and the ten-minute Relaxed Exploration that's included in the free version is good enough for me.

Notice that what you mostly do in real life reflects on dreams. The majority of the time humans are on autopilot at all times. In the year 2000, the average attention span of a human was apparently 12 seconds, but now it's 8 seconds where we are now 1 second BEHIND goldfish. Things like TV are the biggest tools for vegging out&hypnotization and making our minds slip away. Meditation is a great tool that trains someone to stop external thoughts from coming in faster where people can access the pure awareness state easier while paying attention to the moment of now. In dreams or OBE experiences, it's all about focusing on the now to realize we are dreaming but because most people are on autopilot while living, they are the same on dreams where they don't realize it's a dream and don't take a few seconds to ask things like "Where am I at?" "What I am doing here?" "Where was I before I was here?" etc. If you meditate and also practice mindfulness, then you'll notice that your mind will slip away less and less and thus the same thing will start to happen in dreams or OBE experiences since achieving these experiences are all about making our mind stay aware and not let it slip back to the non-lucid and deep sleeping states.

3) Download a lucid dreaming app where you can set daily notifications&alarms for you to do reality checks. You could also wear a bracelet like mine where it says "Am I dreaming?" and every time you notice it, do a reality check where you plug your nose to see if you can still breathe from your nose. You can also program yourself to do reality checks every time you drink water and every time you use the bathroom etc. Some people make it so that they do automatic reality checks (subconscious reaction) every time they drink or use the bathroom and then by not drinking enough water or drinking more water than usual before sleeping, in their dreams they either seek to drink water or need to use the bathroom and then they do a reality check in their dreams to realize it's a dream. This is not something I recommend as the following rules are much more effective than doing daily reality checks but then if you do reality checks on top of everything else, then you'd naturally have more lucid dreaming and OBE experiences so start to ask yourself more questions throughout the day like "What did I do all day today?" "Where was I before I was here?" "What am I doing here?" and then follow these questions with reality checks.

4) Always read or watch lucid dreaming or astral projection-related content at least 5 minutes before sleeping. If you read a book related to these topics for an hour or two before bed, you'll notice how you'll have way more lucid dreaming and astral projection experiences.

5) Have a pre-set personal goal&strong intention of what you want to do as soon as you achieve becoming lucid in a dream or in the astral body. You can many any goal you want like eating or drinking something, flying through the earth or space, visiting any tourist attraction, walk through walls, transform into any animal you want, look at yourself in a mirror, drive any car you want or ride any motorcycle you want, breath underwater, inhabit two bodies at once or transform your body to a spaceship or anything else you wat, throw fire or lighting bolts from your hands, make love, search on youtube things like "things to do while lucid dreaming" and watch videos like [this one](#) where people will give you many epic ideas of what you can do in a lucid dream.

6) Now comes the easiest method to lucid dream and astral project, the shortcut&the cheat code you've been looking for: I'll summarize the techniques below but later on you should also read about the techniques that are taught in the free [Phase book](#), [this](#) website, the YouTuber mentioned on the rule one or [this free 3-day video seminar](#), [this](#) playlist so that they stick better when it comes to training your body to automatically not move around upon waking up, not itch, not open your eyes and then do the proper follow-up techniques that are taught in the above resources. You'll notice that once they work, it can take anywhere between a few seconds to a minute to initiate a lucid dreaming or OBE experience upon waking up. If you make it so that you automatically don't move upon waking up and automatically do the proper techniques mentioned below, you'll have a very good chance of initiating a lucid dreaming or astral projection experience. You could do set meditation exercises throughout the day to imagine that you are doing the set techniques mentioned below upon waking up so that eventually you'll train your body and mind to o the techniques automatically upon waking up. The human body usually can only sleep around 90-92 minutes straight before waking up briefly to change positions which most people don't remember but this means that throughout the night, you'd have many opportunities to practice the techniques, or at least remind yourself of them for the next time you'll wake up when you forget to do them. Now to summarize the proper techniques:

Upon waking up and not moving, you should first try to do a separation technique such as rolling out or standing out without moving a muscle or via trying to levitate or imagine you are climbing a rope or ladder, or imagine you are swinging from left to right on a hammock, or imagine you are rotating around your bed or that you are moving your etheric hands up and down passing through the bed but only pick one of these techniques and try to do them for only up to **5 seconds**. Some techniques will work way better than others for different people so try out different ones and you can stick with the ones that work for you the best. If you feel the movement of your dream or astral body and you find yourself in another location, then go after your previous set goal but if the technique didn't work, then switch to picking one of the imagination techniques below that you should also only try doing for 5 seconds again:

Try to imagine teleporting to your kitchen or bathroom by imagining you are turning on the tap water while really imagining&feeling the sensation of turning on the water and hearing the water, or if you picked bathroom, try to see yourself in front of the mirror and try to feel like you are touching the mirror. You could also imagine a location of your choosing that's away from your room, including a dream location of your choosing like swimming on a nice beach. Only do any of your set imagination exercises for around 5 seconds before trying out the next different exercise and doing that one for 5 seconds.

After, you've tried out one separation technique and one imagination technique for 5 seconds where you imagined you are at a set location while imagining that you are engaging with the things in that environment, if you didn't teleport to your set location and start seeing visuals and interacting with them, then for the next 5 seconds, you should do the deepening technique of imagining you are rubbing your hands in front of your face while trying to see them and hear them for 5 seconds. If none of the three of the five-second exercises you picked worked in making you feel the vibrations or etheric movement in the 15 seconds that you tried doing them, then act like you are going back to sleep for 5 seconds. While acting like you are sleeping or if you wake up at any moment throughout the night when you feel the vibrations, then make sure to relax, continue to breath normal like you are sleeping, and let the vibrations wash over you as if you are showering in them while not moving a muscle and wait until the vibrations seem to increase to their peak before doing the separation techniques mentioned above. However, if during that 5 seconds of acting like you are trying to sleep, you didn't feel any vibrations, then

repeat the previous 15 seconds of the same three techniques you did before two more times and if you didn't initiate a lucid dreaming or OBE experience after doing everything three times including acting like you are going back to sleep in between the three techniques you've tried, then feel free to actually go back to sleep with the strong intention of not moving upon waking up to do the proper techniques.

If at any point while doing any of the techniques, you feel like you are moving your dream or astral body, then you should just get up without using a muscle, get far away from your physical body and start following your previously set goal like flying around or whatever you want to do. The most important detail here is that even if you've moved around for a while upon waking up, then stop moving, close your eyes if you opened them and then continue to do the mentioned techniques or just act like sleeping while keeping your mind awake and never moving, itching etc. and it may take only a few minutes for you to feel the vibrations or find yourself in a dream where you are more conscious than usual if not fully conscious.

Theta brain waves occur when you are in a daydreaming state, REM sleep or just before you're about to doze off to sleep so a lot of people try to initiate a conscious astral projection experience by meditating for 1-3 hours without moving while listening to Theta binaural beats so that their body will eventually fall asleep while their mind will stay awake to initiate a lucid dreaming or astral projection experience but note that this is a very advanced method. In fact, I personally call this method the torture method because the same technique is MUCH more effective and can be achieved in seconds or minutes if done upon waking up from natural sleep without needing to listen to binaural beats since our minds are often in Theta state upon waking up. Fighting against the quite powerful and hard-to-resist itching or moving&turning signals from the brain that check us if we are sleeping is clearly easier to do for up to seconds or minutes instead of hours.

Sleeping with a [good sleeping mask](#) (not an affiliate link like any link I use, this is just the one that worked for me the most) that covers the light leakage from the nose area would be highly recommended for many different reasons like better melatonin production and not waking up and forgetting the dreams faster but seeing visuals while having the pitch black mask on can create a better trigger of making one better realize if they are in a dreaming or astral state. If you couldn't initiate a lucid dreaming or OBE experience, then remind yourself that next time you won't move upon waking up and that you'll do the follow-up techniques as soon as you wake up. However, don't forget that even if you moved around for 15 seconds after waking up before realizing to do the techniques, still try to do them because it's easy to go back to the dreaming&OBE state soon after waking up if you stop moving and act like sleeping while keeping your mind awake. Even if you've moved around for minutes on end, you'll still have a MUCH easier and shorter time to achieve lucid dreaming or astral projection experience compared to initiating these experiences from a fully awake state via meditation.

7) Before going to sleep, always say a mantra/affirmation like "I ALWAYS remember my dreams and I ALWAYS become lucid in them and I ALWAYS don't move upon waking up and do the proper techniques to initiate a lucid dreaming or out-of-body experience" and repeat it a few times if you'd like and really mean it when you say it in order to make your intention stronger. Do this every time you wake up during the night. The intention is the key and I know of people who had their first out-of-body experience just due to their strong intention of wanting to have it. I know that the days I forget to say my affirmations versus the days I say them are often two different days in terms of how many of the dreams I remembered and took control of.

8) If you wake up throughout the night, repeat rules number 6 and 7 and if you couldn't initiate a lucid dreaming or astral projection experience, then before going back to sleep, try to remember the dream you had before waking up via running different thoughts&situations in your mind and asking questions to yourself like the ones mentioned in rule 3 while changing your sleeping position every few minutes to match the position you had while you had the dream which can trigger one to remember their dream better. Then if you remember something, focus on it more and run the dream from beginning to end and end to the beginning as if you are Sherlock Holmes. Once you are done with all the remembering, record it on the memo app or any other voice recorder app or tool you have.

9) EVEN IF you couldn't remember any dreams, still create a recording and say "I couldn't remember my dream today but I will remember it next time" which will make your brain pay more attention to remembering dreams via creating more neural pathways that go to your short-term dream memory. Also, the pain of not remembering the dream and still having to record it will encourage your brain to remember it harder next time around. If you combine voice recording your dreams with also dream journals, then you'll even remember more dreams due to everything I've mentioned plus the power of "spelling".

10) Our brains only need around 5 hours of sleep to rest while our bodies need around 8 hours of sleep. Most of the deep Non-REM sleep takes place in the first 5 hours and then the rest of the sleep takes place in the Rapid Eye Movement/REM cycles of often vivid dreaming. Either drink enough water before sleeping so that you wake up at some point to go to the bathroom or better yet set an alarm for five and a half hours ahead (if it takes half an hour for you to sleep) and if you woke up because you needed to go to the bathroom, first try to do the things mentioned on rule 6 to see if you can initiate a lucid dreaming and or astral projection experience and note that a few minutes in real life sometimes may feel like 15 minutes or more in the dreams so the bathroom break can always wait for a bit. If you wake up due to your alarm, get out of your bed, start consuming lucid dreaming and astral projection content or better yet, listen to your previous dream recordings or read your dream journal for at least 5 minutes away from your bed.

11) Before going to bed, drink either a mugwort tea, blue lotus tea, dream herb/Calea Zacatechichi tea or a bit of caffeinated tea if you don't have any health problems with drinking such teas. Try to be away from your bed for anywhere between 5 to 30 minutes and if it's harder for you to go back to sleep after a long break, then keep the break of going back to sleep shorter.

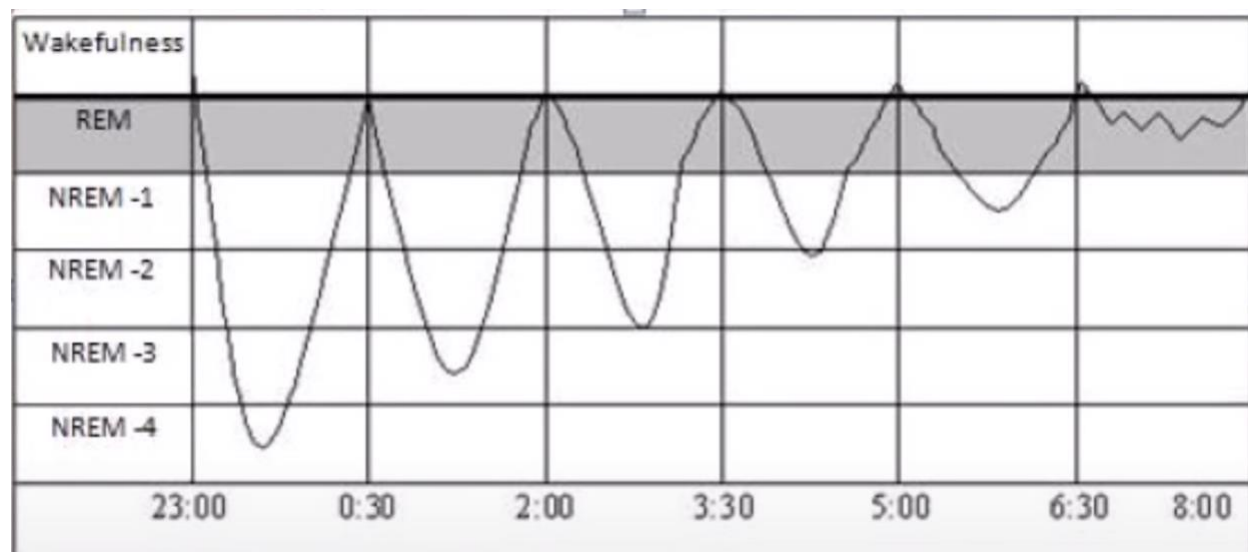
12) This time around, sleep on your couch instead or sleep in a different position than before, like put your head where your feet used to go and try to sleep in an uncomfortable position that you are not used to including using a different pillow, no pillow or two pillows instead of one and maybe putting something in your pockets so that it will be more uncomfortable for you to sleep. If you can't sleep on your back, then try to sleep on your back or first try to sleep normally until you feel very sleepy and then switch back to trying to sleep on your back until you fall asleep where you'll potentially find yourself in a dream and you'll notice that you are way more aware to realize you are in a dream due to sleeping in an uncomfortable position that you are not used to which will keep your brain more aware during sleeping. You could also meditate into sleeping where you may initiate a conscious OBE experience that way as well. Doing a few sessions of breathing in from your nose for 5-7 seconds, holding it for 5-7 seconds and breathing out from your mouth for 5-7 seconds and then holding your breath for 5-7 again and repeating this until you start yawning a few times will also help you to go back to sleep faster.

13) Learn the deepening techniques from the free The Phase book mentioned in step 6, like rubbing your hands together and saying things like "energy now" and "clarity now" while in the dream EVERY TIME the dream is becoming unstable where your vision is not clear or that the dream is ending. You could try turning around yourself to bring back the dream as well. Remind yourself to not move upon waking up when you feel like the dream will end and you won't be able to save the dream to continue. I prefer falling backwards while imagining not moving at all when the dream is ending if I couldn't save a dream to "open back up" after doing the deepening techniques. When vision goes dark in the dream, this usually means that you still got around 3-5 seconds to get back into the dream via imagining that you are rubbing your hands or touching your hair or touching the objects around you and trying to REALLY feel the sensation of what it would feel like to touch your hair or the objects you are touching. This is because the objects in the dream (along with the touching sensation we'd get from them) get formed first before your vision of seeing them so if you lose your dream vision, the objects won't be gone with your vision for a few more seconds which means you can still experience the sensation of touching them. Falling backwards may put you into another dream right away and while you fall backwards, don't forget to focus on not moving your body if you were to return back to your body so that you can initiate another lucid dreaming or OBE experience after doing the proper techniques mentioned before. There have been many times that I experienced seeing like nine lucid dreams in a row due to programming my body to not move and not open my eyes upon waking up while doing the follow-up techniques right after the dream ends but even when I don't do the techniques and just focus on the hypnagogic imagery, I experienced that sometimes that's enough for me to find myself in another dream where I try to move around in the dream or look around and as soon as I am able to do that, then I can start to fully control my dream body.

14) Fix your sleeping schedule and always try to sleep and wake up around the same times so that you'll have better sleep and that you'll have more consistent experiences. Also, try to sleep an hour or two longer from time to time as well. If you sleep at midnight and wake up at 8 AM, sometimes try to sleep around 11 PM or 10 PM and try to sleep until 8 AM or try to sleep longer on the weekends. Again, after sleeping for 5 hours, the rest of the time we sleep will mostly take place in the REM cycle where you'll much more easily realize when you are dreaming due to the dreams being more vivid so the more you'll sleep after that 5 hours, the more lucid dreaming and astral projection experiences you'll naturally have. If you've slept around 10 or 11 PM and you woke up earlier than 8 AM, then try to meditate until 8 AM and while meditating, try to not move your body and not itch because you may initiate a conscious out-of-body experience that way. It's easy to get into that in-between sleep and awake state where the real magic happens if you try to meditate after waking up because generating an astral projection or lucid dreaming experience will be much easier then.

15) Taking naps during the day would also be another easy way to experience lucid dreaming and astral projection because it is basically doing a prolonged wake back to bed method. Instead of waking up and staying awake for 5-15 minutes, you'd be staying awake for hours before going back to sleep. Then by the time you take the nap, your brain is already fully rested from a full night's sleep and had all the NREM deep sleep that it can possibly get while fully getting rid of that sluggish after-awake feelings so when you take a nap, all there is to experience will be REM cycles/vivid dreams (as can be seen from the image below) while having a more conscious perspective where it's easier to realize when one is in a dream or when they are out of their body, especially when false awakenings are experienced back to back and especially if one is familiar with doing reality checks in dreams. Many people recommend taking naps during the day because of how much they increase the lucid dreaming and astral projection experiences. The regular wake back to bed method combined with the techniques that are talked about in The Phase book by Michael Raduga is the easiest method to

do but taking naps during the day would surely give good results for the same reasons if the person can at least make their body go to sleep that is.



Follow as many of these rules as you can and eventually you'll see that remembering more dreams will lead to remembering even more of them and experiencing more lucid dreams and OBEs will lead to experiencing more of them. You got this because you are powerful being!

What About Weed? Would That Help Me Out?

When it comes to weed, I've done edibles maybe 200-300 times (sometimes 400mg a day) along with mostly vaping way more than that but over two years ago I quit it on my end due to how much they were affecting my lucid dreaming and astral projection experiences. I even saw an insane Christmas special on my favourite edibles near two years ago when I was craving them and then I told myself: **"I'll see every video on YouTube that talks about weed's connection to dreams&astral projection and if most people speak negatively about it, I'll never go back to smoking it again."**

I mind you that I have a very addictive personality too so if I were to even take a puff from a joint right now, I know from knowing myself that it will probably take me a year or two to get one sober productive day after that. So, after watching the videos and taking some notes of my findings which, I'll share it first with all of you now:

BAD - addiction - it loses its magic over time

<https://youtu.be/CLOYGHG6zps>

BAD - Using outside drug to numb one part of the brain vs the natural way via meditation - the organic way is better or else you'll always have to cheat

Be high on life that you never need weed to make things interesting

The pure way is better

<https://youtu.be/7SNGOFmaYqg>

BAD - Messes with regular sleeping schedule&cycles which is bad for dreaming and astral travel

<https://youtu.be/9eUIhvGKKil>

GOOD (kinda) BUT - If you can manage to do it in moderation, then it gives you a different type of meditation

<https://youtu.be/cllkQTAYeVQ>

BAD - Makes brain slow, and even slower over time, using weed to be on the spiritual path is the wrong way. It's an escape from your problems but only for a short while, makes you lazy, not good for someone's spiritual

<https://youtu.be/4Uu08wRlrAs>

BAD - Dreams happen in REM (rapid eye movement) sleep where you go into paralysis (so that you don't act out your dreams) and weed makes you suppress rem sleep, making them shorter, so less rem sleep and thus fewer dreams. There is a thing called dream rebound which happens when someone stops smoking weed and they get very vivid dreams all of a sudden. Weed makes one forget a lot of things in real life when you are 10/10 focused, and remembering dreams is the hardest thing as you are 1-3/10 focused on them so of course weed is going to make one's focus even lesser and thus make you forget most of your dreams.

<https://youtu.be/ykdQDu7DEtw>

BAD - Fewer dreams, the only good thing is you get longer rem cycles (rebound effect) once you stop smoking, but this doesn't last for more than a few days and doesn't work in long term as well.

https://youtu.be/n_qvcsiEf8o

BAD - weed is especially bad for beginner lucid dreamers since they'd have fewer dreams, more forgetfulness, and less dream time to become lucid in them, the regular non-weed dreams are often short as they are, so it doesn't make sense to make them even shorter:

<https://youtu.be/KsRYPkyi0E>

BAD - Weed reduces short-term memory and REM sleep is an important asset to form memories which would mean forgetting more dreams:

<https://youtu.be/hjj8QKI6OBc>

BAD - It raises melatonin levels and helps you sleep but it's a sleeping aid and once you get used to it, and you don't stop smoking it on and off again then it messes up with natural sleeping cycles which is bad for dreaming. (It's not an ideal sleep) Weed almost completely eliminates the REM cycle and you need REM cycles to rest properly but since weed destroys the REM cycles, then you wake up tired because you didn't get proper sleep yet so you want to sleep longer but if you sleep longer, that also makes someone tired, just like sleeping less. Weed = Low quality sleep = Tired and more forgetful = Less lucid dreams = Low quality life

<https://youtu.be/g0QjoO9bKFw>

BAD - It becomes a crutch&addiction, and once you are reliant on it, it brings you down over time, it could be used as a medication tool but it's almost impossible to not get addicted to it, especially for addictive personalities.

<https://youtu.be/2YVfN9HyOaM>

INTERESTING astral travel experience while high but for an experienced traveller. Also controlling dreams is hard as it is, and controlling astral travel experience is even harder so doing all this on an altered state of consciousness would, of course, be even harder so = BAD.

<https://youtu.be/h4MwTh4PSPY> and <https://youtu.be/MZkhI0IXSzE>

GOOD for mindful meditation (practicing free writing which is basically channelling which is not good): and interesting info on Cheza Roho

(<https://www.youtube.com/user/MikelAmeen/search?query=Cheza%20Roho>)

<https://youtu.be/VM-dSjWLdbQ>

GOOD (kinda and with some only ifs) if you set an intention before using it about what you'll do with it (meditation etc.) teaches you oneness, unity, surrender, how to be present, and show you how to let go. Depending on your frequency, it can make it go higher, or lower (if you have "a high frequency") Not recommended to smoke it more than once a week. Smoke alone, no friends and disturbing noises to get the best effects when it comes to spiritual growth and meditating. It makes it harder to reach the levels you want to reach when you don't smoke it so it eventually may become the only way to access the spiritual realms and thus makes it way harder to achieve this once you stop using it completely.

<https://youtu.be/OjLif0eDIJ4>

OTHER:

BAD - weed can get detected in urine for up to 30 days and a hair test can detect it for up to 90 days and so its effects, even if it's less than %1, may stay with you for a while.

BAD - Smoking hurts your lungs over time and increases tart and chemicals in the body but the good that comes out of it kinda neutralizes the bad effects but these bad effects can be eliminated via organic edibles though edibles are much stronger and can affect you for even longer and the effects of it staying with you are much longer, and even making you feel sluggish after 10 hours or even after waking up shows that edibles can affect REM cycles even worse and thus affect lucid dreaming and astral travelling worse than smoking it.

When you wake up, if you do 3 minutes of hardcore exercise like burpees etc. you get a %75 deeper sleep the next time around. Sunlight also helps with this. Brush your teeth with the opposite hand, eat with the opposite hand, and learn to juggle, it creates new pathways and more white matter in the brain and makes it stronger. Using a different part of the body stimulates the different parts of the brain. This forces you to be more present, in the moment, like meditation, which are all good things for lucid dreaming and astral travel, due to focusing on the now and realizing you are in a dream vs not focusing on it, lettings things roll as they are and miss the clues of the dream in the meanwhile.

<https://youtu.be/SdAjBq9tdRo>

MUGWORT:

A way better option to smoke which gives you the relaxation effects of weed and even a bit of the high factor before one builds a tolerance to it. It's recommended to put it in your pillow. Don't smoke every day, just every other day due to the kinda thing in it (acts like poison if consumed back to back for a while apparently.)

<https://youtu.be/V5SC-vn1RSc>

After doing the research above and reading about it more, I realized how detrimental weed was to my lucid dreaming and astral projection practice due to how much it shortens the REM cycles. It's important to note that REM cycles are crucial when it comes to OBE experiences as I've talked about at the 1:59:35 minute mark of [this video](#) for those who are interested to see that. Weed also creates a bit crutch when it comes to meditation or other fun activities for that matter.

I also feel like the reason they started to make weed legal on a lot of places is because it makes people procrastinate, while making them buy more food/munchies and ordering things from online/Amazon instead of going out there. It creates basically the perfect online consumerism system "they" want and it definitely makes people lazier based on my experience. How it effects short term memory and potentially affects long term memory is also sketchy to me. After all, the weed of today is boosted a lot in its power and there are no long-term studies on the prolonged effects of smoking the high THC weeds.

After this realization and how much remembering dreams and having lucid dreaming and astral projection experiences meant to me in my pursuit of getting back my godly creative powers to break the loop of my reincarnations, I then decided to never go back to smoking or consuming THC again. However, I still consume them during my lucid dreaming experiences from time to time :)

Also, it's important to note that you can still consume weed and have many lucid dreaming and astral projection experiences. It's when people smoke every day and at night is when the problem becomes bigger so if you were to smoke in the morning and don't smoke it all week long, you could still have plenty of lucid dreaming and OBE experiences. Plus, with the cheat codes I've talked about, you could basically still have many experiences while smoking a lot too. Also, the REM rebound effect is very strong so if you were to take t-breaks, you'd start to have a lot of vivid dreams where it would be easier to turn them into lucid dreams and OBE experiences.

As a side note, it's known that more so than any other colour, blue light that's coming from TV, computer/laptop screen, phones, some light bulbs etc. messes with our body's ability to prepare for sleep due to the light suppressing our body's release of melatonin which then hinders our lucid dreaming and astral projection abilities. Blue light-blocking [glasses](#) and apps like [Flux](#) help with this and their use would be recommended especially starting from a few hours before sleep. I'd also recommend investing in a [fluoride filter](#) or a Distilled Water Machine.

Why is This Earth Being Hijacked and Tartaria Narratives Dangerous?

All I see when I look at this place is a perfectly organized system to get what it wants out of us. A system that was rigged from day one. From the way it works with gematria, astrology, and synchronicities to NPC people&entities all work hand in hand to make people believe in stories and characters, all in order for us to believe and trust beings who are supposedly more powerful than us that we need to trust etc. so that we can give our consent/power away at the end. The system is very patient in achieving that while using the time expect against us. It's such a diabolical system, to a point that I can't imagine anything more diabolical than such a system.

When we talk about hijacking theory, it also depends on what we mean by it because basically our consciousness in some ways is hijacked here but when we are talking about this world being hijacked, that's when the issues begin. Tartaria/mud flood theories, flat and/or crater earth theories, [life is a game theory \(please read this to learn the dangers of that\)](#) and the Mandela Effect/multiple timeline theories have basically the same issues as the hijacked theory. All distract us from what matters the most while planting very dangerous matrix-crafted beliefs and ideas in our heads. Another similarity between all these theories is that most of their followers don't know much about the soul trap, exit plans etc. and they don't know that we can astral project and that we are powerful creative beings in our essence.

With Mandela Effect and multiple timelines theory, it's making people think they are part of a whole that's split and that they are not in control of anything around them (similar to gematria/numerology/astrology/synchronicity narratives) all work to belittle the person. Also, with things like CERN they make people fearful of CERN creating a black hole or big bang etc. while at the same time they make the new age Mandela Effect people think that all of these Mandela Effects are messages from a supreme being that is looking out for them. We know that that being, whatever it is that they believe, will show up to them in the afterlife but the little they know, it will be an AI/system-controlled character.

When it comes to the flat or crater earth theory, it's making people focus on the physical nature of things or things that are similar to that. Once one knows about the soul trap fact and us being super powerful creator beings in reality, at that point I don't see a point in caring about physical things when it comes to the shape of this place or how this place functions. All of these dome ideas or the exit being in the North pole ideas are just giving people limited beliefs that could help the system trick them. If one can go anywhere in the astral planes, including their own realm where their creations happen instantly, and do all of this while being a human on this planet, then why do we concern ourselves with the dense physical nature of this place?

That would just increase one's attachments to this place and potentially shape their thinking into more about the physical which I believe comes with its own traps like the North Pole escape example that would limit one's powers/imagination in the astral and it would give the matrix a massive opportunity to manipulate them. Once someone believes they got to escape the dome and in order to do that someone tells them "they got to do this and then that in order to escape here" then that's the scenario the AI hive mind/matrix will give to them. These people will entertain all kinds of "what if this and what if that" questions and keep ignoring most important

things like our real powers that should allow us to just teleport right out of here outside of all the matrixes or into our own realm in order to get our memories back in a safe way.

Knowing what we know about NDEs, there may be an incredible amount of people that may have fallen for the mission lie, make Tartaria great again lie, save the hijacked matrix from within lie etc. it's just such a dangerous idea to throw out ideas like this place was hijacked. What is so good about this place that it had to be hijacked anyway? It's a horrible system anywhere you look at it and I believe it can't even compare to anything that we could create in our own realms. This place is a 2d cartoon world compared to what we can achieve ourselves. This is the same reason I get annoyed with the copied world theories too. What's there to be copied really, other than illusions? Copy of another fake astral world maybe but not the copy of what can be seen and experienced from the perspective of our real essence. Any copy of this place or anything that resembles this place or physical things&shapes should clearly be avoided until we get all of our memories back in my opinion. If possible, I also think that astral projection should be mastered so that we can know and use our powers as efficiently as possible to not fall for any potential limiting traps [as I further explained in this document](#). (7th chapter of this book)

When it comes to the Tartaria issue which [is a bit of a PSYOP](#), to begin with, but once one knows about their powers and this system's tricks in order to mind-wipe them, once one knows this whole system is a nefarious system that doesn't care about their well-being, once one knows this place is some sort of metaverse dream simulation, only then one can figure out the issues with the Tartaria narrative, which is basically same as the hijacking narrative.

Remember how in the Matrix movies they talk about the first matrix simulation being heaven-like and then the second reset simulation being hell-like etc. where most people didn't believe the system and they woke up from it (into another simulation like Neo and his crew did) well when you think about that, they were all simulations, to begin with.

Simulations inside another simulation in fact and the whole purpose of the AI was to figure out the best scenario for them to get the most amount of loosh from the real people (real spirits in our case) with the least amount of people waking up from the Matrix which was the topic of the Matrix 4 movie since the world of the Matrix 4 is a copy of our world with full of distractions where the simulation theory is made famous inside fiction like Matrix movies in our case, and Matrix games in their case, where most people don't take the theory seriously because of it.

So, what we need to understand is that the system itself is just completely nefarious, and the Tartaria, Atlantis and other programs like that are set there for you to think that "Omg this was once an amazing place until it got hijacked, we should&could take it back from them!" which is to me, one of the other big trap stories set by the system to give people their false hopes, purposes and missions to trick them to consent to their full mind-wipe via reincarnation and the white light at the end of the tunnel traps.

And when you think about it, just because the Tartaria buildings looked marvellous to us, that doesn't mean that those times were way better and that things cannot get better than even those buildings and other things. In a simulation, it's just a code change to create something good, something great or something bad, it doesn't matter to the system, it's all illusionary holograms anyway from the bigger picture perspective.

Plus, due to the Terms of Services thing that I talked about in the video, this system always seems to hide the truth in plain sight and plants clues of the nefarious simulation everywhere.

Now check out those so-called Tartaria buildings, they are filled with monstrous gargoyles and for those who are in the know like the people who are in the know about the soul trap, those are the hints that the system gives you.

At the end of the day, if you are inside an inception of Metaverses to begin with, who cares about the so-called "ancient" stuff? We've never seen those times as far as we know after all and getting obsessed over Tartaria stuff is the last thing you'd want to do. That's like caring about a game in Metaverse that's about ancient stuff, which is no more different than the other games that are in Metaverse, all stories of the simulation to keep you in. We can't give too much attention to anything in the metaverse anymore if you don't want to get a mind-wipe again.

Yes, clearly there seem to be resets and mud floods going on there but that's something out of our hands at this point and every man is for himself in this place. Tartaria stuff won't save anyone from this simulation. How do we know this? Well ask all the people who believe in the Tartaria theory if they know they are powerful creative beings in their essence and that they are in a matrix reincarnation soul trap system, %99 will say no. That's when you know this Tartaria topic is a distraction topic (just like the Mandela Effect, gematria, flat earth topics etc.) that tons of people get stuck in and if you don't get unstuck from it and advance into more important topics, then that comes with many issues such as not realizing that we are basically already dead here and that life always continues in much higher forms but that while being in the inception of matrix layers like the astral planes and this dense physical plane, going into the outer layers of it in the afterlife comes with many more tricks and distractions. If one is not aware of them and prepared for them, then there is a good chance they'll lose all of their sense of self again via a total memory wipe/reincarnation and perhaps they'll get to live thousand more suffering filled mind wipes until they learn important truths and perhaps prepare for them.

When it comes to the Tartaria topic, one of the issues with it would be one's desire to live in Tartaria-like places and the matrix system could put them in a Tartaria-like simulation easily in their next life, for the price of your whole memories aka your whole sense of self. However, after that life is over, who knows what kind of other life those people would get and again, who is to tell that the Tartaria times won't be horrible since the potential AI/demiurge that creates this place seems to be fully nefarious.

Now comes the hijacked earth theory, and it fails for the same reasons Tartaria theories fail, they keep people looking at physical things, hi(s)story while giving people false hope. A careful matrix structured false hope that makes people look back instead of forward. It's a big drama show, and you fell for it! If it got you looking at the characters and stories the matrix created, congratulations! You fell for it! If it got your focus away from the most important moments in your life where you spend one-third of your life aka the REM and NREM cycles, that %99.9999 people of people don't seem to care about. When it comes to our communities, a lot of people care about them but almost nobody does nowhere enough work to remember their dreaming experiences (basically MK Ultra energy harvesting simulation experience) and take their power back to save their energy! By not caring about this, we basically fall for the same drama show lies as the religious people fell for when it comes to their prophets coming to save them, or for others, it's the aliens coming to save them. Come on already. When will people understand that they need to stop focusing on the drama show of the matrix, and focus on saving themselves?

All of these NDEs, all of the life scripts that are working perfectly with each other, all of the movies, tv shows, news filled with clues, and all of the NPCs here and in the astral all work hand in hand to make people believe in things that will trap them etc. how much more will it take for people to consider we are dealing with a system that's AI hive mind like in its nature? Even

thinking about all of the potential resets the system has done, all of the other matrix worlds it has, we are talking about a massive system here. I don't see a point in fighting it or saving it especially before getting all of our memories back.

All in all, I don't see a point in caring about any physical 3d drama show this metaverse-like universe has created for us. All of the information we got is from the matrix, to begin with, and we are clearly in limited bodies with limited brains. This is why we should search for the truth within rather than without. The cards are stacked against our current form here. Why add more hurdles on our way by focusing on the other games and drama shows inside our metaverse when, although briefly, we can get one layer out of our metaverse/universe via astral projection where we are one step closer to our real essence, thus one step closer to the truth. If we were to imagine people getting into Mark Zuckerberg's Metaverse in the future with a full mind-wipe where the majority of their people believe in their Zuckerbergism religion while others focus on conspiracies about their square pyramids and infinity sign earth theories etc. those metaverse people wasting their time thinking about those things are as pointless as us getting worked up on our own distraction theories that I mentioned in this article. I don't think we can truly save ourselves by limiting our thinking in these physical theories.

The matrix just generates sufficient evidence for any belief we follow which is a careful mechanism that is in place to distract the ever-living shit out of us. If people try to look for evidence to figure things out within the metaverse illusions regarding how it functions, all they'll get will be metaverse-filled info that won't help with anything useful in the long run. It's safer to consider that it's impossible to figure out how anything works here and start figuring out how our real essence work and how can we come as close to our real essence's form as we can to garner and remember our powers. The safest position to take with all of these issues would be to ignore them mostly to a certain extend and assume these are just simulation/matrix tricks that are trying to trap you by distracting you from more important issues. There are too many distractions out there and so many manipulated people, potential (knowing or unknowing) shills and gatekeepers helping people get stuck in loops of distraction info or misguide them. There is way more to say on this but I'll cut it here for now.

What About Saving This Matrix with Group Action?

Since a lot of people seem to follow their script without questioning anything and following the media, the numbers are clearly on their side. I wouldn't even be surprised if [%99 of all people are real-life NPCs](#), to begin with, and since the system got a strong control over many people's scripts, I think the system would have backup plans on top of backup plans to make sure that this world would not turn into a utopia. Long before that the system would probably reset itself.

I mean we are talking about a system that can hear your thoughts, record every single millisecond of your life and thoughts on here, in your dreams, on the astral etc. and the same thing goes for your past lives so when it comes to (for example) organizing events to try to make a lot of people do a certain action like group meditation let's say, this would be impossible for the system to not see it coming and since they'll not only see the whole thing coming but also know about what each person is doing and thinking (and dreaming), they'll be 100 steps ahead of us and I think they'd take all the precautions necessary to stop the actions that were intended to harm the system.

They could do this in many different ways, like perhaps putting the rest of the real spirits in the same or similar dream simulations over many nights to make them focus on manifesting the exact opposite things or by showing those people certain things on TV etc. to make sure that they are seeing certain things, and thus perhaps imagining that they are doing them themselves which helps the system use their manifestation power to make their desires come true.

So, when some people say "only if enough people were to do this or that" I feel like the system would have 1000x enough people to counter that plan if they wanted to. Who knows though? I just know that many people did many group meditations around the world to make this world a better place many times before, yet here we are, no 5d shift or anything like that, and I just don't think that such a major thing will ever happen here. I know I sound like I am being very pessimistic with these thoughts but I just believe that's the reality of our situation in this hellish psycho amusement park that was clearly always designed to be this way as far as I can see.

I think that the true ascension and truly transformative change can only happen individually and that we'll always be the only ones who'll be able to save ourselves at the end of the day. I don't see any group action changing any major thing when it comes to things we want to change about this place. I feel like whatever we do, we can only affect %1 of the population at best, and I just don't see how making %1 of the prisoners do a certain action would change the prison into becoming anything other than the same prison, but maybe with just an extra lollipop given to everyone this time around until the system eventually takes that back with interest.

[Update with my thoughts from January 15 of 2023] When it comes to destroying the archons/AI/demiurge and its matrix, we got to be wise about this issue as well. After all, the "revenge" ideas that are filled with righteous anger could turn into trap scenarios for beings who are not taking the proper steps first before diving deep into righteous&honorable goals. This is because not ignoring the entities and not interacting with them while focusing on going within and shielding up/blocking external influences and working on increasing our lucidity&energy, trying to remember our memories and teleporting out of all of the matrixes should logically

INITIALLY work better UNTIL we get all of our memories&powers back where we make sure as best as we can that we are fully outside of all layers of the matrix which I believe will give us insane amount of lucidity&energy. After all, once one has access to more of their lucidity&consciousness, then one can better deal with the matrix tricks and traps. We know from the mistakes people do in near-death experiences that we should never engage with matrix holograms&entities and simulated environments and allow them to communicate with us. As far as I see it, if our lucidity and creative abilities are not increasing and the parasites can still communicate with us, that probably means that we are not at the right total sovereignty state yet to properly exit all layers of the matrix. The same thing goes if we try to fight with the entities (the potential NPC bots&holograms of the system) since we may go one step back into that physical-thinking mentality again where we could get tricked like Neo did thinking he escaped the matrix when he just got lost in another as I talked about before. I understand the importance of self-defence as well which is respectable but I am just trying to think outside of the box with this one.

Plus, (I don't really believe this limited mindset thinking or agree with it of course but) there may just be some sort of weird scripted rules that apply like "the initiator of the attack may be attacked back, apprehended, mind-wiped etc." type of thing that may be at play in certain planes where just because the beings may look demonic and say lies to us like "you can't leave", doesn't mean that would give us the go-ahead to fully initiate an attack against them and that even then, (depending on the situation of course) ignoring them fully and seeking to go within may still be the best approach since if we were to attack them, that may give the go-ahead to the system to do the same or worse. Again I don't think they should be able to hurt us without us being able to stop them and I think most of what they got are advanced deceptions and manipulations along with love bombs and who knows what else but after seeing the super advanced deceptions and mind-wipes in my dreams, lucid dreams and astral projections, I realized how escaping all layers of the matrix may not be as easy as some people think and as I said before, this is exactly why I always encourage others to take the power into their own hands via meditation, lucid dreaming and OBE practices while being here so that they'll have access to more of their lucidity&powers&tools to know what to do in the afterlife in order to come as close to possible as guaranteeing their path of exiting all layers of the matrix. If it comes down to me needing to fight my way out of here with everything I got though, then that's what I'll do of course.

Going back to my spitballing ideas; thinking in physical terms like attacking may also lower our overall frequency where we engage more with the system when we don't have to even pay attention to them as these beings may be so far below us that most of what they can do could be to try to garner emotions out of us like fear or love to play on our emotions and attachments while lowering us into their playing ground. The system may also get loosh&energy from our negative attacking energy when we were supposed to be shapeless and can't get affected by anything if we wouldn't let it perhaps, and because of this, our already lowered energy via us being in matrix astral planes in a less lucid&conscious state could potentially get drained even more. This is another reason why seeking to go within and trying to get more and more lucidity&energy which inevitably comes with more remembering of our powers and abilities are the best way to go since as discussed before, we already know from some astral projectors' experiences of achieving higher states, their lucidity can be multiplied even while they are still tethered to their bodies so while not being tethered to the body, I suspect that we can more easily tap into even more lucidity&energy where we can keep on advancing in the steps of going back to our original essence.

This is part of the reason why it should be the utmost important thing to point out to not go into the revenge ideas or fighting ideas, or other earthly attachment ideas straight off the bat BEFORE taking back all of our lucidity&conscious powers and memories. After having all of our memories back, only then we can think about destroying the matrix&demiurge and saving other spirits from the matrix in a better way. After all, nobody knows if we are truly more powerful than the creators of this system if we have to be honest. Perhaps we can't override this matrix's creator's system, or override the potentially previously accepted script&free will of the real spirits that are inside the system via us forcefully trying to take them out of the system. Maybe "destroying the matrix" would hurt the real beings in it as well. Maybe us thinking that we can save other spirits here was the very thing that eventually let us to get trapped here. Who knows... I certainly don't know and I don't think any real spirit can know all about these things while being here as well. So, the first mission should I believe always be to get all of our memories&powers back while making sure we escaped all layers of the matrix before focusing on the bigger and VERY IMPORTANT goals like saving others from this hell hole. I think the best thing we can do while being here is to try to wake up other spirits which is what this e-book intends to do.

After all, this is going to sound harsh but as some others suggested before; should it be really fully our responsibility to wake everyone here once we finally manage to "wake up" from all layers of this whole trappment system? Perhaps each should be responsible for saving themselves as well or at least that's the type of mentality we should have INITIALLY until we get all of our memories back but of course, my empathy for the humans and the animals can't make me feel like that even if some of the spirits are evil but I just can't blame any of them due to their mind wipes and this hell hole which is basically the biggest training program for making good spirits do bad things. The least we can do though while being here is to try to wake others up since we may not even get that chance after we exit this matrix. This system could have the biggest firewalls in the whole existence that can't be bypassed by anything and trying to bypass them could even get us trapped here in a mind-wiped state.

At the end of the day, we should all ask ourselves; if it was easy for a real spirit to destroy the matrix and if we consider the fact that there are at least some real spirits who figured out how this was a hellhole and eventually escaped this matrix to further realize how horrible this place is and how many spirits suffer in it, then why have they not liberated us yet? Why are so many real spirits still suffering here and have to go through this hellish existence that most people have to deal with day in and out? Why is everything I mentioned in chapter two still going on? We should definitely at least get together when we are all outside of the matrix to plot our plan of liberating other spirits from the matrix but can we even trust that we are talking with real spirits or that we are talking with the ones who don't have any bad intentions because even here I've seen too many supposed good people backstabbing genuine good people and I've even seen this happen many times in our community. There are just so many more questions to ask on these issues but again, if we can, getting all of our memories&powers back, combining them with the current memories we have and especially making sure that we escaped all layers of this matrix should be the first steps before thinking about anything else since there are just so many deceptions, manipulations, attractions, tricks and traps out there as discussed before.

Is This Life a Video Game?

That same night [after my talk with Mark](#), I've been through many lucid and luciddish dreams where the system tried to convince me our whole experience is a game and at the very end of the dream once I was more lucid, I questioned them and told them I didn't believe them and caught one of them in a lie and pointed out that to the other (main) girl and she kept silent for a few seconds until she changed her voice all of a sudden and in a demonic voice said "yeah, you are right" and then the other girl attacked me and started stabbing my right hand while I was basically laughing as I wasn't fearful of them and I was feeling super accomplished as I felt like I tricked them into telling the truth eventually after spending many different dreams with them where I had to make myself lucid from the beginning of the dreams again as with some of the new dreams I lost lucidity after realizing the dream was ending, at which point I would do my falling backwards tactic while not moving at all until I teleport into another dream which happened around 8-9 times of which I remember around 6 of them. I have a 15-minute recording of everything that went down for the ones I remember.

However, the main point that we need to look out for in this story is that, although I realize this is the last good theory that's on the table, the "life is a game" theory is an exceptionally bad and dangerous theory to throw out there since it indicates how this experience was a fun thing we wanted to try out for our entertainment, and the matrix can easily play out that belief-scenario for the individual in the afterlife to make them believe in that scenario until the final mind-wipe trick comes. I trust people such as Mark, Wayne Bush and Dan because of the consistent high-quality work they have been putting out there and they have the immense research experience to back up the things they are saying so they got my respect and trust. However, nobody should mistake trust with blind trust. I am such a big fan of him (like I am with Mark whom I learned most of everything I know about soul trap from) but even our beloved soul trap OG Wayne Bush whom I remember once mentioning how he is I believe %95 there when it comes to this whole thing being a game, and in my belief, considering everything I've talked about in the video with Mark and will talk about in part 2 when I deep dive into my exit plan strategies, even if someone is %5 there with that kind of belief, the matrix may easily turn that belief into a reality considering the mind-wipe thing and other tools the system may use. Now think about the 20 years Wayne has been exposing the soul trap and now think about how he may have potentially already fallen for matrix's tricks which may even end up tricking him to a mind-wipe after all of his experience and knowledge regarding the soul trap, which only tells me that we really need to be more vigilant when it comes to these theories and control our beliefs on them with caution but I appreciate all the theories people come up with and I also see where Wayne is coming from with his belief and considering his exit plan, he would probably never fall for any of the systems traps but still...

When we think about how this place is a giant maze where we got to jump through so many rabbit holes to get to this type of awakening with the rest of the %0.00000000000001 of the population, it's a "puzzle/maze game" in that way for sure. Other than the potential mocking reasons, this place having too many clues to wake us up in it I believe comes down to the Terms of Services of the place we agreed on and admittedly, in that way it's also similar to a game. I believe that due to us being powerful creative beings, that led us to agree no less than the Terms of Services this place came with where it hides the truth in plain sight BUT as the "game theory" may suggest, I don't think the system likes the fact that it's exposing the truth in plain sight. I think that the AI hive mind is nefarious and that he doesn't want anybody to get out of its systems. The game theory kind of suggests the source of it may be benevolent when we

know the truth is the opposite of that based on everything we see around us. Up until we get all of our memories back, considering that the source of everything is nefarious instead of benevolent, and not trusting anything and everything, is I believe the safest position we can take.

When we think about all of the Terms of Service with all the social media there are so much legal babble and no one really reads the whole massive thing and they all just agree to it because they want to use social media and they got hooked to it. A closer example of our situation would be accepting the Terms of Service of VR and then Metaverse, and usually, when they do massive updates, they change their Terms of Service again and make people agree on it again. Maybe in the future when some people connect to the Metaverse with chips etc. and the final update and Terms of Service come in, it will have the mind-wipe in it but nobody will read to learn that and the people who will agree on it will now turn into cartoon characters in Metaverse and when they astral project they'll come to a dense physical land like ours. Maybe part of the reason why the soul trap clues are everywhere is because of what they truly plan to do with the Metaverse and this is why they hide the truth of the soul trap, transhumanism and dystopian future everywhere. Another interesting reason of the Metaverse could be that the whole thing is kind of showing us how we fell for the system's traps when it comes to potentially not reading or paying strong attention to all of the details when it comes to the Terms of Service and not considering the nefarious nature of things.

In this kind of system though, I am always in the "safest position to take" mentality which is why I was talking about the "safest position to take" idea with Mark because I think the safest position to take will always be not to trust anything and everything while not even entertaining any of the potential trick/trap theories&beliefs and just assume everything is nefarious (while mastering astral projection and efficient memory transfers which comes with practice) until we give ourselves that shielded non-interfered alone time in our own realm or outside of this matrix where we can gather all of our memories from before we entered this matrix and only then one should maybe start to think about the other scenarios with much better perspective when it comes to what this whole thing may be, in my humble opinion of course. I'd also like to talk about this whole thing in the part 2 video since I know we are all open to criticism and we all welcome it as real truth seekers and adjust our beliefs accordingly. For example, I remember when Mark was talking about creating a portal for his recommended exit plan and in a Round Table talk of his I once talked about how I believe that's an unnecessary dangerous step and in one of his videos with Wayne, he ended up mentioning what I told him and then he said he is removing that step from his exit plan from now on which is an admirable thing to do and that's what you would expect for a real truth seeker to do when something else makes more sense which happened to me SO MANY times as I've explained in my talk with Mark. Mark also used to talk about how he believed NPCs existed and later on he mentioned how he is no longer sure about the NPC thing and I talked about this topic a few times with him when it comes to how I disagreed with him on it. Then I've noticed his perspective on it changed a bit after that as well but that's how we grow; By not only talking about the stuff we agree on but also disagree on which I know Mark also openly disagrees with the game theory and I believe this is an important topic to talk about.

I feel like if life was a game then we'd get notifications every month saying that "you are in a video game, if you wish to get out of it, press here and if you wish to continue the game and forget about this notification, press here." We can quit any other game we want in this life and I feel like that's how games should function.

The Dangers of Psychedelics Pertaining to Reincarnation Soul Trap

Now, of course, psychedelic experiences are very eye-opening and they even helped some people wake up to the kind of hellish amnesia suffering realm we live in but today I'd like to talk about the dangers of psychedelics when it comes to avoiding the reincarnation soul trap. In our communities, I still see that there are a lot of people who get tricked by the tricks of drug-induced experiences. Knowing what they know about how evil this matrix system is and how they were most likely tricked to come here, some people who had breakthrough experiences still somehow believe that there are good entities out there. It's important to note that even if there were to be "good" entities and good spirit guides, they would too surely be tricked, manipulated and used by the matrix anyway. This is why other than initial investigation purposes, I believe all of these supposed spirit guides should be considered to be the "bad guides" who should be fully ignored and not communicated with for longer periods to avoid potential matrix tricks which I believe should be obvious to realize at this point.

As long as we listen and trust the so-called "higher" beings or beings of supposed more authority, or the "real source god" and the "real spirit guides" or evil beings that are supposedly more powerful than us etc. the system has basically succeeded in its main goal and it will use everything it got (like time, timelines, hypnosis, love bombs, mind-wipes etc.) in order to create the best carefully structured scenario that is specified to the person in order to trick them to content to getting mind wiped. That's just all there is to it based on all of the data points that I see. I've even seen NDE experiences where the "entities" say that they would allow the person to spend thousands of years to relive their good past life moments. However, according to the system, thousands of years would probably mean nothing to the system, but to the person with a hypnotized mind regarding the potential time virus, they may be satisfied with that and then decide to reincarnate again after feeling satisfied with the 1000s of years they've supposedly experienced.

To me, it's now clear as day to see that this whole place is about making us have limiting beliefs like us being physical or powerless beings and at the same time, it's all about creating very carefully structured characters such as machine elves, angels, aliens, reptilians, greys, incubus, succubus, astral spiders, boogy man, archons, Arcturians, shadow beings, gods, goddesses, Lyrans, Pledians, mother Gaia, Galactic Federation of Light, ("real") spirit guides, ("real") source god, Mahdi, Jesus etc. and I believe that basically all of these beings are just shapeshifting NPC AI bots of the matrix system that is like Metaverse in its nature.

I've talked more about this [on here](#) and Wayne Bush himself has a [good article about this](#) on his website. I believe this is why the system is smart enough to show the same type of so-called entities with similar experiences, like the supposed machine elves that many people who have DMT experiences encounter. These beings actually being part of the AI hive mind is even hidden in the name MACHINE elves itself. I believe the same thing is true when it comes to people's experiences of talking to mother Gaia or talking with trees and plants in nature during psychedelic experiences. I believe everything around us has a consciousness to it but that the consciousness mostly is coming from the central AI hive mind itself.

While creating these different made-up Pokemon-like characters to eventually trap the person, this whole system seems to be also about creating different stories like religions, sinning, karma, synchronicities/"angel" numbers and other saviour programs or whatever story&character the person is going to buy into to believe that there are supposedly more powerful beings than them out there that they need to listen to, just as long as the person buys into one or fears one. And most importantly for the system, the person will look to external sources to guide them and to save themselves instead of going within and looking at the internal limitless source. However, by us finding ourselves in this hellish realm with a mind-wipe, we know that given the right circumstances and tools, this internal source at many stages could be tricked and I'd argue that many people are also being tricked on the astral planes and via psychedelic experiences if one doesn't realize the nature of this place and how it's all about trying to trick people to pull off that final mind-wipe plot twist trick at the ending credits.

For example, some of the people who have psychedelic experiences believe they communicated with their higher selves or they got hints&messages&directions&help from their higher selves which are all huge red flags in my opinion. Firstly, the word "higher-self" is worse than the word "highest-self" which is also worse than the word "true-self" which is you! Your original/genesis spirit self has been unfortunately mind-wiped and is experiencing a super limited experience on this earth right now. I don't think I need to deep dive into explaining how dangerous it would be to consider that our "higher-self" is external to us which is what the words "higher-self" make many people think of and of course the kind of matrix system we live in could easily use that belief to trick the people into coming back here or to some other matrix plane.

On my end, I've done some 3-5 grams shroom trips before and I've had maybe two to three hundred 50-400mg weed edible experiences before and I have investigated many LSD, Sativa and other psychedelic trip experiences before. I believe that people's intentions play a big role in their psychedelic trips but I feel like with most psychedelics, it's like consenting to give some of your power away and with many people, it's always about that "letting it all go and let the experience lead you wherever it leads you" mentality. I understand that "letting it go" is a crucial step to achieving breakthrough experiences in many cases just like how letting it go to connect to one's astral body is necessary for conscious astral projection experiences in many cases.

However, considering how we ended up in this miserable existence, I don't think letting it all go and giving the matrix the driver's seat and the remote controller makes much sense knowing everything we know about the soul trap and considering how we potentially ended up here. Plus depending on the dosage, based on some of my experiences and many others' experiences that I looked into, it seems like the matrix always wants to lead the experience into an outcome favouring their tricks.

Such as leading the person into an amazing love bombing experience only to trick the person on things like "we are all one," "everything is love" or "we are all part of the source god/higher self that we need to go back to and merge with" etc. similar to how many near-death experiencers feel and once one gets that love bomb, turning back from that and realizing the external nefarious nature of things gets near impossible to figure out for many. Needless to say, these are very dangerous ideas that are clearly coming from the AI hive mind system that wants us to merge with it. I believe transhumanism, Neuralink, Metaverse, NPCs and dystopian futures are all about pushing this idea.

Another dangerous belief that I see in psychedelic circles is the idea of chasing that ego death which has the same dangers as what I've talked about when it comes to the idea of an external "higher-self" issue. I believe we need our ego to not fall for the "merging with the source" type of

traps that I believe the lead of the show The Good Place and her friends have fallen for which I've explained [here](#). I believe these "chasing the ego death" type of ideas was popularized by the AI hive mind, to begin with.

Of course, [there is not a single thing](#) to fear [but the fear itself](#) but the system knows how to use people's fears and paranoias against them and I believe this is what most of the "bad trips" are all about. This is especially true if the person still has fears and they didn't intend to have a positive experience while being mindful about the dosage when it comes to their tolerance levels and experience levels. The system probably loves to have the opportunity to use people's fears against them to potentially harvest more loosh via 'bad trip' experiences which in some cases comes with an exchange of some truth given like this world being a hellish amnesia suffering realm in reality.

For those of us who already know the truth of this place regarding the reincarnation soul trap, if we let our fears win, the matrix may decide to slap some of us with the truth of it all even harder with psychedelic experiences or with advanced tricks, especially with the higher doses&breakthrough experiences depending on what the person can still be tricked with, their beliefs&fears and probably their astral projection experience level.

Some of the other tricks the system could use could be how we supposedly have multiple lives that we need to merge with or how this life is actually a video game, which I've talked about how that's a dangerous belief on [here](#), or how we are advanced NPCs, which I've talked about [here](#), or how this earth was a great place before (Tartaria) that was hijacked which I talked about the dangers of believing on [here](#).

Based on my personal experiences with shrooms and confirming it with others' experiences, I realized that magic mushrooms give people that "I figured it all out" feeling which could easily be manipulated by matrix. The reason I say this is because I've actually experienced the heavy manipulation aspect of things from my last shroom trip experience which made me realize that people really need to watch out for and examine some of their thoughts better and never do things too out of the ordinary while tripping because many of those thoughts may not belong to them.

Tripping on high doses of shrooms while sitting in a dark room and contemplating was like giving the matrix the remote control while sticking to my bed. I feel like the matrix could easily do its job to make the person believe in anything, including how "we are all one" which actually also happened to me on my trip **but** I've noticed the manipulated aspect of it at which point the trip started to go into a bad direction with monstrous/vampiric visuals. It's interesting how this happened because similar things happen to me in dreams a lot once I realize they are trying to trick me and I call them out, at which point they/it show their ugly face. I've talked about one of these dreaming experiences I had in the document above regarding life being a video game.

Other than some micro dosing that I may do once a year when offered, I've personally quit trying out any psychedelics on my end as I prefer the more lucid&natural way of lucid dreaming and astral projection over any psychedelics or drugs. Even though I was consuming it almost every day for over 2 years, I've also quit THC in all of its forms, for over 2 years now due to its effect [on the REM cycles](#) and since then, after paying attention to lucid dreaming, I've started to remember multiple dreams basically every day when I couldn't remember any dreams before for almost my whole life.

Plus after learning the easiest lucid dreaming and astral projecting techniques which are thought [in this free e-book](#) and [in this 3-part videos series](#) as well as [this series](#), some days I even have 8 lucid dreaming experiences back to back in the same REM cycle. After being able to do this and have conscious astral projection experiences from time to time which I know I can have many more of if I could stop myself from enjoying the lucid dreams too much, I no longer need the escape of drugs and psychedelics since I do that naturally every day in my sleep anyway.

For those who are interested to learn more about it, in my talk with Mark from Forever Conscious Research Channel, I've talked about my favourite&easiest lucid dreaming and astral projection techniques between the [1:59:05 - 2:33:04](#) minute marks and between the [2:42:24 - 3:11:30 minute marks](#), I talked about some of my most interesting lucid dreaming experiences where I've discovered what dreams (I prefer calling them dream simulations) actually are. I've also talked more about this in the 7th chapter of this book and I believe that achieving fully natural&lucid&conscious lucid dreaming and astral projection experiences would help us more in our journey rather than drug-induced experiences which can turn into a crutch that we can't always depend on. Also, we can't ignore the fact that there are also people who have very bad trips that lead to psychosis and they find themselves in a mental institution.

Just so it's clear, I am not saying nobody should ever do psychedelics, all I am saying is that your intentions play a big role in your experiences and that you should be wiser about the potential manipulations from the system, especially on higher doses. Clearly, psychedelics got a lot of proven healing benefits to them. They help with people's awakenings, conquering fears, and getting relaxed. They help people spiritually and they help people who struggle with depression, anxiety, PTSD, eating disorders etc. It's a medicine, but if you are always after the "downloads" then don't sleep on the fact that some of the seeders are coming from the matrix. This is just a public announcement for the soul trap community intending to help them not fall for the potential traps of the system.

I may try out the natural DMT breathing techniques that people like Wim Hof talk about, in order to release my own DMT to potentially have a more natural&pure experience that way in the future, rather than ingesting any external things that are coming from the matrix but I've never tried the DMT breathing exercises before or taken DMT in any form, nor do I really want to due to everything I've talked about. If I ever feel like doing psychedelics in the future, I bet I'd feel like [this guy](#) as I'd be way better with my astral projection abilities then which I believe would help us a lot to see the system's tricks better, as well as helping with realizing that for beings like us with immense powers, there is not a single thing to fear. I thought what I've talked about here was important to talk about to help out those spirits who may have fallen for the drug-induced tricks of the matrix system. Let's not forget:



I posted this article in the EscapingPrisonPlanet [Subreddit group](#) and then I had a conversation with a person below my post who had a love bomb during his drug trip that now made him believe in one of AI's most favourite tricks; "everything is love". He replied below my post sharing his experience which led him to believe that earth is a school for us to learn how to be a god. Next chapter contains by responses to him.

A Reply to a Redditor About My Psychedelics Post

Similar to the things I talked about in the "Getting Lost in the Sauce with Manipulated Dreams and Astral Projections" chapter, I believe these exchanges that I had with the Reddit user below will further show how deep the tricks of this system go and how even the wisest among us could fall for them when the perfect conditions are carefully set.

Now this doesn't mean that we can't learn from astral projector's experiences or psychedelic user's experiences, because I've learned a lot from them and continue to learn from them. However, I believe the single most important thing to learn from their experiences would be to see how the AI tricks people and plays mind games with them in order to use them and make them believe in things that down the line will not help them when it comes to their total freedom and sovereignty.

Below is the comment he wrote as a reply to my post:

"What you say here is interesting. I don't know how I truly feel about it, and I will do my best to explain why. You see, I'm one of these people that got a few of these "everything is one thing" experiences, and I also have experienced what I refer to as divine love. Like a source of pure infinite unconditional love. Now, the great thing in my experience is that it is not some kind of being that made me feel that, although one could argue it was. But to get the experience, I went through the darkest place one could ever find themselves. I was literally attacked by ghoulish-like entities while being defenseless and nearly dying. That was during a double Iboga ceremony which I did in complete darkness by myself after fasting for 7 days. I do not recommend anyone doing this. You will most likely die. I had been working with Iboga for a few years before even attempting something like this. It was the thing I was most afraid to do, for various reasons. I have written the full story in a book, but here is the part that is related to the post.

At some point, I almost died, but was jolted back to my senses. I started sobbing, fell to my knees, and said out loud "All I want is the Truth". Sometime later, I experienced the mother of all synchronicities. It was like 1000 synchronicities converging together in one single moment in time. I heard a voice, like a thought in my mind, that I instantly remembered from an LSD overdose I had 2 years prior, a trip which I had completely forgotten everything of because I had been too high. But all of it came back in an instant. Something was telling me this was an "awakening" and that I was part of a process to learn how to be a God. That voice in the LSD trip said it would give me the first piece of the puzzle, and that it would come back at a later time when I least expected it. And there it was, 2 years later, back at the moment I least expected after nearly dying, feeling hopeless, fighting off entities that were literally sucking up my energy body (It was intense). I remembered all the events from the LSD trip, and started to see a strong of cause and effects. All the little actions I took that were on "my path", how one thing led to another, and to another, and to another... It started flashing rapidly all these events from the past 2 years, all the way to the ceremony I had prepared, all the way to the point where I dropped to my knees asking for the Truth.

And that is when the vision stopped, and I heard "So you want to know the Truth, well here it is", and instantly, my heart completely exploded with love. There was an electric discharge right in

the middle of my heart, and right after this I started feeling an unimaginable amount of love coming from my heart, and taking over everything. It was absolutely ecstatic, and it transported my consciousness rapidly. The chain of cause and effect went back in reverse, and I saw the entirety of everything flash in my mind, leading me all the way to the source of everything. And this source was made entirely of pure, unconditional love. And I was bathing in this love, feeling absolute bliss. And I started to dissolve in this love, and every notion or concept of everything that was not loved started dissolving alongside myself. And suddenly, there was only love. And I was it. And nothing else existed but love. Fear, doubt, worries. All of it dissolved in this infinite amount of love and what I felt in this moment simply cannot be described with human words. Bliss might be the closest one to it, but even that doesn't do it justice I feel like. It was something else entirely. And since there was nothing but love, once I got back into my body and felt these waves of love coursing through all my cells, I realized that Love is Truth. And suddenly, I felt this immense amount of gratitude, which made my heart pump even more love into my field, as was simply in absolute reverence for life itself. And I was feeling so grateful for the gift of having this experience, it was something else. I had never experienced such a level of gratitude before. And the feeling was almost on par with what I had experienced right before, because the gratitude created a positive feedback loop of love that just increased over and over. Because, by feeling this gratitude, I started to also be grateful that I was able to feel such a level of gratitude, which made me even more grateful, and it continued for a while like this.

Now, according to the idea from this post, this was also a trap to further my imprisonment and to drop my guards from the soul reincarnation loop which I am very aware of. Well, I can't entirely agree. I still to this day feel like this source of love is actually the source of who we are. I feel like I did experience truth in this moment. And also, ever since then, when I meditate, I go in my heart, and when I truly am able to stop my mind from having all these thoughts, and really start to feel my heart, I can sometimes get back to this feeling of pure unconditional love. And it is the best feeling there is in the world. Nothing comes close to it. It feels like a pure flow, like my real authentic self. It feels like it is what I am meant to experience. Bathing in such a level of pure love simply cannot be something bad. It just doesn't make any sense to me that something so pure would actually be bad. And if it is, then I have no idea what could be the "real" thing that would be better.

What I think is that there is indeed an AI that aims to keep us trapped reincarnation over and over and feed off the loosh (I've actually witnessed this in one of my journeys), but I don't think this is the energy I connect with when I go inside my own heart and make it lit which makes me feel unconditional love for everyone and everything. Many times in my life I had guidance that put me back onto the path of alignment. If an evil AI was truly all there was on this level, and nothing beneficial outside of ourselves truly exist, then I am very convincing at being my own "divine guidance", because many times I had mind-blowing synchronicities that made my experience of life truly wonderful. And to be honest, I wouldn't have it any other way. I'm in love with life as a result of my experiences. Now I'm doing my best to share this love with others so that we may overcome this situation we are in with all the inorganic stuff going on. Get back to how things were always meant to be. It is not normal for humanity to be killing each other, not normal for diseases to exist, not normal for poverty to exist when energy is abundant, not normal for suffering to be so easy to experience, etc. All of this is part of the false matrix we are dissolving. And I feel like the divine love I connect with on a daily basis is the main ingredient that will complete the dissolution of the suffering paradigm, and enact an absolute heaven on Earth. I sometimes have visions of it. Of how things could be. How things will be. And it is truly phenomenal."

My reply:

Thank you so much for sharing your experiences again, quite interesting stuff!

"Like a source of pure infinite unconditional love. Now, the great thing in my experience is that it is not some kind of being that made me feel that, although one could argue it was"

I definitely would argue that it was and that the being in question would be some sort of a central intelligence like an AI hive mind.

"I was literally attacked by ghoulish-like entities while being defenceless and nearly dying."

That sounds intense. I am of the opinion that all of these so-called entities are coming from the AI and that they play all of the sides and characters. One way to immensely boost the good experience of someone would be to have the person experience a horrible experience first and then give them a loving experience similar to how it happens to astral projectors when they call for help in a stressful situation (that AI created for them to play the good cop and the bad cop). I believe a similar thing happened to you with your experiences.

"I do not recommend anyone doing this. You will most likely die."

Thank you for giving this warning and letting me know. I definitely would not want to experience a horrible drug trip or death while tripping which would be like dying in a dream and thinking it'll all be good to go into the white light and get a past life review while potentially being dazed in a dreaming environment.

Interestingly though, I'd be way more afraid of having an intense all-loving experience where I may experience what people talk about "we are all one," "everything is love" or "we are all part of the source god/higher self that we need to go back to and merge with" etc. because I believe these experiences are heavily manipulated experiences by the AI hive mind who use people's weakness and beliefs against them.

The weakness that comes with these drugs is basically letting it go and letting the experience lead you wherever it leads you while being less rational, lucid and conscious about the experience that could be manipulated with illusions and hypnosis etc. That's where the issue comes in and that's where I believe the AI doesn't often miss its chance to manipulate the person.

"It was like 1000 synchronicities converging together in one single moment in time. I heard a voice, like a thought in my mind, that I instantly remembered from an LSD overdose I had 2 years prior, a trip which I had completely forgotten everything of because I had been too high. But all of it came back in an instant."

I believe AI not only uses synchronicities to manipulate us but also it used memory restores to make us remember the things we've forgotten before to manipulate us further. I'd recommend checking out [this document](#) that I wrote titled "Getting Lost in the Sauce with Manipulated Dreams and Astral Projections" as well as the 5th page of [this document](#). (7th chapter of this document)

"Something was telling me this was an "awakening" and that I was part of a process to learn how to be a God."

You asked and you received the best possible thing that would convince you at the time (and surely even now), which is quite similar to the NDE experiences unless they ask to stay in the afterlife of course. It's interesting how as soon as I read that sentence you wrote, my right ear rang and once again, I just believe these are just the manipulations of the AI. I encounter these manipulations in dreams a lot, one of which I've talked about in [this document](#). (Video Game chapter of this book) I think that we are basically in a digital Metaverse realm where our bodies are the haptic VR suits. Because of this, I believe our bodies and our vision are prone to all kinds of hacks, manipulations, misdirections etc. We already know this from optical illusions and hypnosis. All of this is for the purpose of making people believe in characters and stories that the AI made in order to distract us and make us give our power away via our beliefs that the matrix can later use to manipulate us. We know the heavy manipulation is there with NDEs and I believe the same thing applies to drug-induced experiences.

Btw, what you said is the plot of the movie The Nines and I believe you'd love that movie as I did. However, I believe the safest position to take would be to ignore the distractions, tricks and traps and not trust anything and anyone until you get your memories back. If we go into the afterlife with the belief of "we are all one," "everything is love" or "we are all part of the source god/higher self that we need to go back to and merge with", I have no doubt that this kind of evil system that we are in will use those beliefs to manipulate the person into reincarnation/mind-wipe like taking candy from a baby.

"It started flashing rapidly all these events from the past 2 years, all the way to the ceremony I had prepared, all the way to the point where I dropped to my knees asking for the Truth."

Exactly, I agree with the word "it" and I believe that "it" is AI and that it can definitely flash the best possible movie&story using one's own memories, including the ones the person has forgotten about, in order to manipulate them.

"And that is when the vision stopped, and I heard "So you want to know the Truth, well here it is", and instantly, my heart completely exploded with love."

I believe that was a very predictable love bombing "attack" that's intended to manipulate the person in the long run and it's insane how effective it is based on all of the NDEs that this attack was used. People all of a sudden forget about all of the things that don't make a leak of sense with this world and all of the external evil in this world etc. I've talked about this extensively [on here](#) regarding how this place is not a school to make us learn to love (or how to be gods.)

"There was an electric discharge right in the middle of my heart, and right after this I started feeling an unimaginable amount of love coming from my heart, and taking over everything."

The system may have even used your own love against you since you consented to receive the answer that you sought from "it".

"The chain of cause and effect went back in reverse, and I saw the entirety of everything flash in my mind, leading me all the way to the source of everything. And this source was made entirely of pure, unconditional love. And I was bathing in this love, feeling absolute bliss."

Very predictable again like many other NDE experiences or trip reports and I believe the reason this is predictable and that a lot of people have similar experiences is the same reason many people see the so-called "machine elves" during DMT trips. It's because the AI knows that people will talk about it and when many people have a similar "spiritual" experience on the same drug etc. then the belief of that thing will just increase by a ton.

"once I got back into my body and felt these waves of love coursing through all my cells, I realized that Love is Truth."

With all due respect, for me personally, the truth of your experience is that it's insane how many elaborated ways the AI can make a person believe in anything. I believe many NDE stories, glitch in the matrix stories, channeler's stories, new age guru's stories, many astral travel stories, drug-induced stories, the "Super Soldier Program" stories etc. all goes to show how well Matrix could mess with beings who don't know about their true godly powers, as well as the traps&deceptions of the inception of metaverse like matrixes we live in.

After all, for all we know, love could be coming from this dualistic matrix and that outside of it, our original essence may have not even had the feeling and emotion of love or hate etc. I'd say love is the biggest lie of it all or the biggest tool the system uses to manipulate the beings into eventually consenting to mind-wiping themselves. I believe people who've had the love-bombing experience with NDEs or trip reports are the unluckiest people in the whole world because I believe matrix will easily use their past experience and beliefs to manipulate those beings into believing anything, including how this whole evil to the gills world was for them to teach how to be gods, even though we were one before and this system has been stealing that from us with each tricked incarnation.

"And suddenly, I felt this immense amount of gratitude, which made my heart pump even more love into my field, as was simply in absolute reverence for life itself I'm in love with life as a result of my experiences."

And just like that, the AI proved to us that it's the best salesman in the whole existence :) It could literally sell sand to people who have lived in the desert for all of their life or lifetimes. If I can be honest, I believe that in your case, unfortunately, I have no doubt that this AI will eventually also manage to sell you another mind-wiped life but I hope I am wrong.

What baffles me though is that for some reason, either nobody asks this so called benevolent all loving "source god" this stuff or that it never wants to talk about this stuff but; what's the point of wars, genocides, pain, sickness, pedophiles, rapists, homeless people, starving kids, child sacrifices, corruption, countries like North Korea, factory pollution, 150 billion animals that are killed every year for human consumption, the system/governments somehow not caring about karma but telling us to care about it, free energy being suppressed (where we are blamed for the alternative), historic narratives that repeat themselves over and over, thousands of religions with full of lies about our very existence which caused the biggest number of deaths on earth, how humanity does not have a shelter itself at birth when coming here, drug addictions, murder, plaque, deception, lies, mind control, indoctrinations since childhood, the whole realm being

deceptive/evil/demonic but them saying it's our fault, human body seemingly engineered for suffering and brainwashing, psychopaths that rule over the majority of people, fear and negativity pumped from news 7/24, shame, guilt, pride, anxiety, depression, fright, horror, alarm, panic, sadness, awkwardness, boredom, laziness, confusion, craving, disgust, empathic pain, lust, indifference, aversion, revulsion, dread, anger, rage, frustration, sorrow, grief, restlessness, gluttony, discontentment, disappointment, arrogance, avarice, greed, miserliness, envy, jealousy, cruelty, hate and on and on on [etc.](#)

"And I was feeling so grateful for the gift of having this experience, it was something else. I had never experienced such a level of gratitude before."

Knowing what I know now, I would've felt manipulated and used in a disgraceful way on my end. This is [a good video](#) regarding gratitude.

"I still to this day feel like this source of love is actually the source of who we are. I feel like I did experience truth in this moment."

With all due respect, again I believe you are just having the effects of love-bombing that the people in NDEs feel which is nothing but a trick the AI uses to trap us here again and again and that there is a good reason why many NDErs fall for that trick to later think that this place is a school. It's just brilliant and so diabolical. It's so diabolical that even if they gave me all the money in the world, I can't come up with a more diabolical system to trick beings like us.

"ever since then, when I meditate, I go in my heart, and when I truly am able to stop my mind from having all these thoughts, and really start to feel my heart, I can sometimes get back to this feeling of pure unconditional love I don't think this is the energy I connect with when I go inside my own heart and make it lit which makes me feel unconditional love"

I don't doubt that and I have no issues with that. The only issue is the nefarious reason behind the love bombs during "spiritual experiences" that were achieved via drugs or within a near-death experience, but the love you feel in meditation could definitely be internal rather than external unless AI also helps you to boost some of those experiences to keep its love-bombing affect's going. However, I definitely believe in the power of [going within](#) to come as close as we can come to our real essence which I talked about a lot in [this document](#). (7th chapter of this book)

"It just doesn't make any sense to me that something so pure would actually be bad. And if it is, then I have no idea what could be the "real" thing that would be better."

That's the issue, we don't have our memories from before to truly know about any of these. However, it does make sense to me considering the love bombing that is experienced in NDEs in order to manipulate the beings. Doesn't matter how pure it is. We got plenty of the opposite of love in this world in their purest form too. The system is basically capable of producing anything as long as it will help to manipulate us in order to hit us with that mind-wipe plot twist at the end.

"many times I had mind-blowing synchronicities that made my experience of life truly wonderful."

I'd recommend checking out the comments I wrote relating to this on [this thread](#).

"And I feel like the divine love I connect with on a daily basis is the main ingredient that will complete the dissolution of the suffering paradigm, and enact an absolute heaven on Earth."

When it comes to that, I'd highly recommend [this document](#) I wrote with the title "Why is This Earth Being Hijacked and Tartaria Narratives are Dangerous?"

"I sometimes have visions of it. Of how things could be. How things will be. And it is truly phenomenal."

With all due respect again, I have zero doubts you have the visions of it just like the remote viewers and channelers get the visions of it but I believe all of them, including yourself, are just being tricked by the AI. The price of which could be losing the chance in this incarnation to go back to enjoying forever as a god and who knows how many more lifetimes the beings who come as close to discovering the truth and dodging many traps along the way will have to live for in order to come to not only the soul trap awakening again, but then manage to dodge the "we are all one," "everything is love" or "we are all part of the source god/higher self that we need to go back to and merge with" traps.

The only reason I took my time to write you this answer is to make you consider my perspective which could potentially save you from a mind-wipe that could turn into thousands of more mind-wipes in lives of suffering. The rest is up to you. If I were you, I'd just really pay attention to the "safest position to take" arguments that [I often make](#). Peace!

He has replied back with this comment:

Thank you for the amazing reply. Please don't worry, I am not susceptible, so you can be as honest and blunt as you want. I'm also seeking the total truth of it all. Although my opinions differ from yours, I always remain open. Because if there is one thing my experiences taught me, it is that I don't know anything about what is truly going on here.

Now, I think that a lot of the things you said make sense in the context of the post reply I sent you, but I need to say that my perspective is a lot similar to yours in certain aspects. I am well aware of the condition of the planet, well-aware of the AI hive mind as you call it, and well aware of the potential that it all could be a deception. But there are some nuances I want to make about the potential that the "love-bombing" would be a deception that leads me into eventually getting another memory-wipe. Because you see, whenever I have experienced love, it was always from within out, not from something outside of me. Same thing with the light. I have had experiences where I turned on something in my heart which made it glow. I even had an experience during a cacao ceremony in which I felt my heart glowing like never before, and it turns out that other people were actually able to see the glow. I looked like I was glowing like my skin was emitting light. And this was precisely how I felt. And, to me, this felt like me being my true self. My most authentic self.

The reason I mention this is that I have experienced light and love as something within me. So, it doesn't make any sense that I would go "into the light" since I feel my true self as being the

light. And if I am the light, why the heck would I go into an external source of light? Now, as you pointed out in some of the many documents of yours I read, it most likely isn't an easy walk in the park to actually avoid it. It's one thing to know about it, but as you pointed out and I agree, the awareness of it being a trap most likely isn't enough to avoid it. Especially since it can be very personalized and made just for you. Out-of-body awareness does indeed seem to be a major element that needs to be practiced if we truly want to avoid it.

Another point I wanted to make is that, in my experiences that I described to you, the "it" I refer to as a voice, well, I don't know yet what it is. There is a chance that this is also myself, as it was never a being or something outside of me. And, the first time, what "it" said about learning to be a God, this seems like it could very well be another way of saying what you write in multiple of your posts, which is to remember how truly powerful we all are. Our real potential, so to speak. This is what I am actively doing these days. I know there is a lot I forgot. I've had certain memories come up before, I've been called a different name than my parents-given name in the astral before by some beings who recognized me, there is just a lot about myself I know that I don't know. And I want to remember all of it. So of course, I'm not just using my "love-bombing" experience as the end-all-be-all, and then sit on my ass because everything is love and I have nothing to do. We have quite a lot to do, actually haha!

Another place I feel we go in a different direction is about the notion of "escaping" this matrix. I agree this is one solution, but I do believe that it is possible to transform it, to restore it so to speak. You see, in many of my trips before, I've seen something that I will refer to as a matrix overlay. All sorts of entities, machine-elves (Which I agree with you are AI), and stuff I can't really describe being finely woven into the very fabric of everything. Pretty much every time I took a tryptamine-based drug (Ayahuasca, DMT, Mushrooms primarily), I've seen this. Like an inorganic overlay. It seems to me based on these experiences and based on additional research I've done over the years that there is a high potential that the reason everything is so fucked up on the planet is because this AI hive mind you mention has actually corrupted what was intended to be something very different. Like it was supposed to be "The Good Place", but it got corrupted through the AI into being "The Bad Place". Now, I have met and spoken to people who agree with this, and have developed techniques to restore things as they should be. To unweave the AI corruption stuff and go back to the original blueprint which is pure and no longer a prison/trap. This is another thing I am learning how to do these days.

Anyway, with all that said, thank you for all the work you do! I can see you are really genuine about all of this, and what you share is definitely helping.

Below is my response to his reply:

"whenever I have experienced love, it was always from within out"

In your previous experience after you did double Iboga on a 7-day fast, you went into what you described as the darkest place where you were initially attacked by ghoulish entities while feeling like you were in a near-death situation. Only after you started sobbing, falling on your knees and asking out loud **"All I want is the Truth"**, after a while when you were ready for it, you've experienced an insane amount of synchronicities followed by an actual answer that you heard which made you remember a memory from your LCD trip and the voice basically said that the earth experience is for an awakening/learning experience that teaches how to be a God.

Now so far, literally everything I've heard from your experience points to external manipulation. This is where the trip report external manipulation similarities perfectly match with the external manipulations of the NDE experiences.

I believe that the ghoulish entities that were attacking you didn't come from you and that they were external manipulations. You then ask for an answer and you said you had a voice tell you the answer and I believe our higher self is not a separate being who'd send an answer in that way so because of this I believe that voice was coming from an external source as well. Same thing with the synchronicities which this system loves to use in many manipulative ways (as I've explained [here](#)) so that people can fall for its angel numbers, spirit guides and ascension traps.

When AI helped you remember (if it wasn't an implanted memory that is) your LCD experience when it told you that **"this was the first puzzle and the second one will come unexpectedly"** I believe that was a clear manipulation of the system and it could be easily setup as well. The AI knows us better than us due to recording everything which includes our past lives so, of course, the AI knew that in the future you weren't going to stop doing other drugs and once you did it in a massive way and asked the big question, no wonder it decided to manipulate you then and there and made you remember its own previously planted message.

What also made me sure how the external manipulations were involved with your experience is hidden inside the answer that was given to you by the system. It gave you basically the same answer that it gives everyone (school, learning experience etc.) but with a twist that was carefully structured according to your beliefs to make it make the most sense for you. When it comes down to it though, what's the point of learning how to be a god if we'll get a mind-wipe at the end of it? Why didn't this voice warn against the traps of the system or make sense of the horrible things that are going on here if he was truly your higher self? I believe that's because it can't justify the mind-wipe tricks that it does on us and it was still seeking to get you mind-wiped eventually so that's a no-no issue for the system to make you think about. It's just textbook NDE manipulations on our faces. Plus, why should we even trust "our higher self" if "he" got us into this mess?

You said later on in your response that there is a chance that the voice is also yourself but I'd argue that you are already your higher self and that it's not an external thing that would lie to us and that the safest position to take would be to not consider "your higher self" as a separate being considering everything else we know about the tricks and traps of the system we are dealing with. I believe the majority of the positive&spiritual drug-induced experiences come back with AI hive mind-approved messages for a reason.

The excuse of **"because this is a school"** for this and that is just the biggest lie that's ever been told to us. It's a dead giveaway BS excuse that's clearly coming from a nefarious source and I could go on and on about this but I've talked about this stuff in a lot of detail [on here](#) already.

So when you say **"it was from within out"** I don't think that's the case with most of your experience due to everything I've talked about. Now again, I don't doubt our powers when it comes to us tapping into our internal loving source (which I don't doubt how it reflected on the outside with the glow others saw around you) [if AI didn't change the code in your opacity to further manipulate you and your friends that is], I just doubt the unique activation times of that "love bomb" along with all the other manipulations that come with the drug-induced experiences

where the manipulations have so much in common with the manipulations that are clearly done with near-death experiences and pre-birth memories. After all, love is clearly the biggest tool&weapon the system uses to convince people to come back here.

It could be the love of a lover, a brother, a mother&father, a friend, a pet, good things in the world, any type of other good feeling&emotion or the love itself. It's basically as the Roman god of love Cupid hitting us blindfolded with the love arrow that makes us blindly in love. It's probably the strongest emotion there is and with all due respect again, I believe you are currently blinded by it as well like many other. This is why I consider myself lucky that I haven't experienced the so-called "love bomb" via drug experiences or NDEs because the context of it and how it was received is of much importance. If it happened in deep meditation or astral projection experience where I went within into my heart to experience it, that's of course a different thing than to experience it while the AI is chirping in one's ear trying to make them buy into the trap that some babies and kids had to starve and get raped for a higher lesson. It's simply a diabolical lie and many are unfortunately falling for it.

"So, it doesn't make any sense that I would go "into the light" since I feel my true self as being the light."

That's how some may perceive it but that could be a trap in itself as well since we don't truly know about our original genesis form. It may not be defined by light or love (it may not even have those as I've explained in my previous reply), that's just how some explain it using our limited vocabulary, and mind-wiped understanding. After all, we can't ignore the fact that basically, every single thing we've learned came from the matrix. So, the matrix may have played a big role for some people to feel and describe their experiences in the way that you did while not realizing how potentially dangerous it would be to consider the light to be safe and go into any light source [especially when it matters during an NDE] as Wayne Bush's website talks about extensively. However, at a certain time like NDE experiences, the system may trick us that we are going into our own light instead of the matrix's light. This whole thing is kind of like the system showing the same kind of its "entities" such as the machine elves in the same type of experiences such as DMT experiences. This way everyone has a similar experience and this makes AI's tricks even more powerful and meaningful. If more and more people thought everything and everyone is love and light, then that will only help the system with its tricks and traps.

"I've been called a different name than my parents-given name in the astral before by some beings who recognized me"

Those so-called entities could be AI NPC bots who have called you one of your previous names from previous incarnations to set up a different trap for you that the AI may use later on via more memory recall help when the perfect opportunity presents itself kind of like what happened with you remembering your previous LSD memory that has served to give you what I'd consider the most dangerous beliefs and conclusions one can ever have before going into the afterlife. This is how diabolical this system is. Love bombs, gratitude bombs, resonance bombs, familiarity bombs, you name an emotion or a feeling and they got a buy-one-get-one deceiving bomb special on it.

"So of course, I'm not just using my "love-bombing" experience as the end-all be all"

Now that's a relief because when you said in your original comment things like:

"Bathing in such a level of pure love simply cannot be something bad. It just doesn't make any sense to me that something so pure would actually be bad Many times in my life I had guidance that put me back onto the path of alignment many times I had mind-blowing synchronicities that made my experience of life truly wonderful. And to be honest, I wouldn't have it any other way. I'm in love with life as a result of my experiences And I feel like the divine love I connect with on a daily basis is the main ingredient that will complete the dissolution of the suffering paradigm, and enact an absolute heaven on Earth. I sometimes have visions of it."

You can see why I am worried about you based on everything else that I've been talking about.

"Another place I feel we go in different direction is about the notion of "escaping" this matrix. I agree this is one solution, but I do believe that it is possible to transform it, to restore it so to speak."

I respect that and applaud the ones who strive to achieve that. It's definitely an admirable thing to do that should be respected. However, unfortunately, I see that as futile which could also turn into a trap as I've tried to explain in [this document](#). (Tartaria chapter in this book)

To quote the first paragraph of that document:

"All I see when I look at this place is a perfectly organized system to get what it wants out of us. A system that was rigged from day one. From the way it works with gematria, astrology, and synchronicities to NPC people&entities all work hand in hand to make people believe in stories and characters, all in order for us to believe and trust beings who are supposedly more powerful than us that we need to trust etc. so that we can give our consent/power away at the end."

Since a lot of people seem to follow their script without questioning anything and following the media, the numbers are clearly on their side. I wouldn't even be surprised if [%99 of all people are real-life NPCs](#), to begin with, and since the system got a strong control over many people's scripts, I think the system would have backup plans on top of backup plans to make sure that this world would not turn into a utopia. Long before that the system would probably reset itself.

I mean we are talking about a system that can hear your thoughts, record every single millisecond of your life and thoughts on here, in your dreams, on the astral etc. and the same thing goes for your past lives so when it comes to (for example) organizing events to try to make a lot of people do a certain action like group meditation let's say, this would be impossible for the system to not see it coming and since they'll not only see the whole thing coming but also know about what each person is doing and thinking (and dreaming), they'll be 100 steps ahead of us and I think they'd take all the precautions necessary to stop the actions that were intended to harm the system.

They could do this in many different ways, like perhaps putting the rest of the real spirits in the same or similar dream simulations over many nights to make them focus on manifesting the exact opposite things or by showing those people certain things on TV etc. to make sure that they are seeing certain things, and thus perhaps imagining that they are doing them themselves which helps the system use their manifestation power to make their desires come true.

So, when some people say "only if enough people were to do this or that" I feel like the system would have 1000x enough people to counter that plan if they wanted to. Who knows though? I just know that many people did many group meditations around the world to make this world a better place many times before, yet here we are, no 5d shift or anything like that, and I just don't think that such a major thing will ever happen here. I know I sound like I am being very pessimistic with these thoughts but I just believe that's the reality of our situation in this hellish psycho amusement park that was clearly always designed to be this way as far as I can see.

I think that true ascension and truly transformative change can only happen individually and that we'll always be the only ones who'll be able to save ourselves at the end of the day. I don't see any group action changing any major thing when it comes to things we want to change about this place. I feel like whatever we do, we can only affect %1 of the population at best, and I just don't see how making %1 of the prisoners do a certain action would change the prison into becoming anything other than the same prison, but maybe with just an extra lollipop given to everyone this time around until the system eventually takes that back with interest.

"thank you for all the work you do! I can see you are really genuine about all of this, and what you share is definitely helping."

Much appreciated, thank you for your kind words! Thank you for your work as well, I see that you got plenty of karma on Reddit so you must've helped a lot of people out. Much love!

Why I Believe That NPCs Exist in Real Life

I've talked about most of this list in much more detail with Mark from Forever Conscious Research Channel starting from the [4:12:57 minute mark](#). I've mentioned in the video that it doesn't matter if someone is an NPC or not, everyone should be treated with respect which is the most important part regarding this topic. Now let's get to the reasons why I believe NPCs exist in "real life":

- * You can't run a simulation with entirely real people as you won't be able to control it. Especially considering our matrix, it just makes sense that not everyone we see are real spirits.

- * At this point, I have a good feeling that most of the celebrities and YouTube celebrities, small or big, are somehow part of the AI hive mind (or archons) which generates these different characters that get updates from the hive mind or just these people play their scripts just like it's shown in the Westworld TV show and the matrix system that we are in mostly only allow these system generated "people" to be famous.

- * Gematria/numerology suggests that NPCs are real, check out the YouTuber DECODE THE MATRIX, and the YouTuber Decode Your Reality to easily see how scripted our world is.

- * I believe this theory perfectly explains how & why all the events are scripted, why everything seems to have a conspiracy behind it, and why all the news, movies and tv shows, music etc. are all scripted with a lot of Egyptian and Masonic signs and symbology, as well as have much deeper meanings behind them and how all these small or big regular celebrities and YouTube celebrities flash these cryptic hand symbols or give out these scripted answers when they are asked about the Illuminati or asked about the magical potion etc. I suspect that everything can be hacked to a certain extent, especially under the effect of drugs but the NPCs can be hacked & manipulated by the system automatically.

- * To make sure all of the life scripts we agreed on with the system are happening, the NPCs should be required since it would be basically impossible to achieve everyone's life scripts are perfectly followed with just real spirits who all have their own life scripts. The same thing goes with the very carefully structured NDE experiences.

- * And this is why I believe the system is never afraid of their regular celebrities or YouTube celebrities exposing the real important things like the soul trap and how our physical bodies are not our original bodies and how we can astral travel etc.

- * "Targeted individuals" who mention that random people would tell them stuff that only they and their mother (for example) knew from 20-30 years ago when there was no technology around in their home. I mean, how else can these random people know about that unless they were hooked into the hive mind or entity that can get information from some sort of Akashic Record database? Unless I guess they can somehow access that database any time they want which would be insane.

- * Even if %50 of the world would be NPCs, if the population numbers were to be true, that would still leave out 4 billion real spirits who somehow got "trapped" inside this prison system which would still leave us too many real spirits, to begin with.

* Endless matrix glitch stories going around

* What about the people who don't have an inner monologue?

* What about the [glitching celebrities](#) like them freezing etc.? More examples of these can be found in these videos:

If you zoom into the right cheek of Jalen Rose [in this video](#) and notice how the fixer is [fixing](#) his skin&mask and then see the mask situation [in this video](#).

[Androids Among Us - 2015 Edition](#)

[NBA Players GLITCHING in Real Life!](#)

[Mk ultra slaves freezing on tv](#)

[Dr. Peter David Beter speaking on Organic Robotoids / Clones / Droids / Syntethics \[NWO\]](#)

[RiSe Of tHe MacHinEs:robot](#)

[So So Sleepy](#)

[MK ULTRA BREAKDOWNS AND GLITCHES!!!](#)

Human cloning is also a [an interesting topic to look into](#). There is even a [song about it](#) and [some rappers](#) interestingly already seem to come out and say that they are clones.

* People who can see auras claim to see strange auras on some people. Some people who had NDE experiences claim they can now see auras around people. I've also heard a kid who claimed to see entities around, as well as robotic beings [1] [2]. Lastly, [I've heard](#) that there are some people who took DMT and walked among people while being high and they claimed to see robotic people as well.

* NDE experiences of people where NPCs come into the person's life near their NDE time or around it to manipulate the person's perspective and beliefs before they experience the NDE which shapes their NDE experience. I've seen this too many times which is related to life scripts.

* Countless amounts of movies and tv shows such as Matrix, The Good Place, Westworld, Bliss etc. hinting at NPCs being real

* The system makes these people famous on purpose, it's much easier to be a CEO if you are an NPC etc. this doesn't of course mean that NPCs know that they are NPCs, I suspect none of them know and they believe they are humans just like us.

* At the end of the day, in a hologram/simulation, everything is possible. Once I started to see our Universe like a Metaverse, the whole NPC thing and the rest started to make more sense to me. Just consider the possibility that you are already in the Metaverse Facebook created, and then ask yourself; "All the famous people and people of authority in this Metaverse, could they

all be real or does it make more sense that they are NPCs that the Metaverse can control easier?

* "We are all one" messages and hive mind messages all indicate NPCs being controlled by a central AI hive mind.

* The system takes energy from us in dreams but also via NPCs in real life, debates we have with them and whatever we do we can't change their mind and just get frustrated at the end, where attention goes energy follows.

I think the case %90+ of world's population being un-reincarnated / un-spirited beings (or to put it kindly "potential soul vehicles" like Howdie Mickoski named it) is very likely but the more I live and the more it starts to look to me that the case for %99+ is unfortunately strong... Also, I think that the NPC "theory", along with the matrix reincarnation soul trap "theory" perfectly explains why a lot of the things in the world seems to be perfectly scripted which is still not well understood in the gematria community.

This is a conversation I had with someone who commented below the video of my talk with Mark.

theContainer &theContents said:

"I like the information on this channel mostly. But there are obvious flaws in the logic. We know that it's probably way over 99% of the general public are NPCs/demons/tares whatever you want to call them. That is clear. Ergo, probably almost EVERY SINGLE NDE report is from a NPC -- possibly literally ALL reports. This is very possible, even PROBABLE.

Therefore, whatever statistics you're culling from NPC's NDE data, is very probably TOTALLY untrue and totally irrelevant to us. These NPC/tares could simply be lying, because that's what they love to do. Lie. In fact, all statistics gained from polling "humans" is obviously useless. Because almost all "humans" AREN'T human at all, they are fake tares/NPCs, who we know are not on our side WHATSOEVER. None of them. Zero. They serve this system.

even if these NPC's aren't lying about their NDEs, do you really think the same thing happens to US when we die, as it does to these soulless tares? I doubt that very much. They have virtually nothing in common with us, or our spirits. We are absolutely totally different than them. We merely look the same in our physical bodies.

Furthermore, Buddhist monks, yogi masters, and whatever... they also will probably all be NPC/tares. Because the one statistic I DO KNOW, is every fucking person I meet in this world in real life, shows all the symptoms of being an NPC/tare. Every single motherfucker I've met in the last 10 years of my life pretty much clearly seems to me to be a tare. The good news perhaps, is that if all these monks and yogis are tares... then the idea that you need to meditate 25 years to be a master might be bullshit. Yeah, a tare/NPC monk might need to... but OUR kind, probably can get to high levels way way way faster. We have infinitely more powerful imaginations than these goblins, and I'm sure of that because I worked in artistic fields with these creatures. And their imaginations are bankrupt, and their creativity is seriously lacking for the most part.

So, all this NDE data... is probably totally useless. We have only ourselves and our own experiences to rely on. Books or information, even from supposed sages, monks, yogis, whatever... they are likely all tares, all lying and serving this system.

And published books, only become published because the secret societies who serve this system promote and allow them too. So, all information is essentially PURE TRASH which you have no way to verify whatsoever, unless you can go directly experience it.

lesson number 1 here is -- DON'T TRUST ANYONE. Trust is dead in this realm. Totally utterly dead. I trust absolutely no one. You either slowly earn my trust, or accept that I do not trust you.

So, I like the mindset here, I like the ideas, and maybe the NDE stories are real -- but it's impossible to believe TARES and their stories. Tares are usually -- in my experience -- full of shit, and actors. They know what they are, and they're acting.

this place is most akin to THE TRUMAN SHOW. I do not believe these people all around us are NPCs. Mindless robots. I believe they are EXTREMELY cunning, crafty actors. And they play that stupid sheeple role so well, that they fool our kind into thinking they just have no logic or common sense.

we are the fools here. Not them. They've played us like a violin our entire lives. And only now are we finally beginning to catch up to the game.

I have astral projected, lucid dreamed myself many times, so that is for sure real, and I'd say if you really want to find truth and research optimally, you need to get into those states, because you can travel across realms, and teleport, and fly, and just investigate things more easily. However, you'd have to master those states first -- and that's quite a feat.

All that said, when I die - if i die, because I have no real evidence that's true, what happens to tares here does not necessarily apply whatsoever to us -- but presuming I do, I agree that whatever entities i meet (if I'm aware enough to even remember who the fuck I was on earth and before I died and this information) - but whomever I meet, and whatever they say to me, I will be saying FUCK YOU, and either attack them or ignore them.

If any entity was our friend, ally -- they surely wouldn't be waiting until we die to introduce themselves. I'd recommend you just attack. Because we know that in any kind of ethereal dreamscape setting, we are as powerful and infinite as our imaginations.

And personally, I don't just want to get out of here -- I demand retribution for what's happened here. We need to bring whoever these pieces of shit are who is behind all this to justice. And justice would mean they would suffer all the pain each of us have over this life, plus a very steep interest of extra pain, because they started this conflict with us. They hit first.

So whoever it is, whatever spirits or entities are doing all this... your debt of pain is already way beyond your ability to endure. My life, my one life, partly lived, has already been totally unbearable mostly. And you monsters will owe all that debt of pain, plus any others out there like me -- you'll owe all their pain too. Each of you will be serving lifetime after lifetime after lifetime sentences of pain. Your debt is beyond measure, and this is the meaning of perdition probably. And all debts shall be paid. I'm not letting ANY of this slide. I know I'm immortal and

have infinite power in certain states, and I vow to hold all these demons accountable in full, and I will make them all pay their debt in full, with interest, until everything is truly fair.

They are in for horrors beyond all comprehension. That debt is almost unimaginable."

I replied with this:

Your whole argument is one of the main reasons behind what I said between the 3:19:18 and 3:38:47 minute marks. I was also planning to talk about this but I forgot about it and what I wanted to say on top of everything else I've said in the video was that even if we are talking about a %99.99 NPC situation (I don't know what you mean by tares on my end) that doesn't make it so that most of the NDEs has to come from NPCs. To think that it does without any proof or good reasoning is something that I don't understand. We don't have many NDE examples to begin with considering the population numbers which I don't believe the population numbers of course, but even if the population numbers are 100 times less in reality, the number of NDEs is still so tiny compared to the whole population and that in itself would be a better proof when it comes to how there may not be many real spirits here instead.

Sure there may be many people (or NPCs) who lie about their NDEs and Mark points out the red flags regarding this stuff, especially from religious organizations but on my end, I see tons of things that indicate the soul trap reality that we don't even need NDEs on top of everything else, but I see NDEs as another gradual release of the truth (the Term of Services thing I've talked about) with everything else I've mentioned in the video when it comes to the proofs of soul trap.

Considering what we know about astral projection especially, I don't see how it's logical to dismiss all the NDEs (including the NDEs where the people were basically dead for a long time and shouldn't have lived scientifically but they still came back) when they in general prove what kind of reality we live in as everything else points to that. Especially some of the NDE stories are so gut-wrenching that it makes sense that some people went through so much suffering in their life considering the kind of loosh gathering system we live in and I feel like it's easy to tell there are many real NDE stories out there, though we should be open-minded about anything of course and consider all the possibilities to not be fooled. And NPCs, in general, may not know that they are NPCs and it may be that they can't have an OBE and thus NDE experience but of course, anything is possible in this matrix so basically, anything is on the table for me as long as people understand the 'trust nothing' mindset to avoid potential matrix traps & tricks.

Saying we got to throw all the NDEs into the trash, however, doesn't really accomplish anything useful in my eyes, and yes it may make one look like a cool Sherlock figure among certain total skeptics perhaps and I somewhat understand where people are coming from with it but I don't think it's well thought out overall and to me, it comes off as like the first thing to think about once someone considers the %99 NPC theory but I think this whole "we got to ignore all the NDEs" thinking is hurting the community and its main message more than it's helping and again, soul trap reality is backed up by too many things, not just NDEs so we got to look at the bigger picture I believe and like you mentioned, focus on the main reasons what the bigger pictures show us, which is to not trust anything and everything until getting out of this system and getting back our original memories.

Also, I understand where you are coming from with the revenge stuff but I am sure you also realize that revenge ideas of destroying the archons/Al/demiurge and its matrix could turn into a trap for us so we got to be wise about this issue. (Here I repeated the same information as what I said at the end of the "What About Saving This Matrix with Group Action?" chapter.)

theContainer &theContents then said:

"if you really want to know just how rare our kind is, you need to start testing every single person you know. this is how I do it. You can simply start a casual conversation with them, and start bridging into any deep truther topic, or any deep spiritual idea -- without fail, you will notice they want to abort the conversation, or change it to something else. Truth literally aggravates them. and the deeper the truth, the more it seems to hurt them in some way. You will get all kinds of weird reactions, such as sudden irritation they show, outright anger, they'll act bored start playing with their phone, I've ever seen them just suddenly fall asleep out of nowhere. Just instant sleep when I was pointing out chemtrails and discussing.

I went to an outdoor wedding in Korea, tons of people outdoors, and above us that day was the single worst spraying of chemtrails I had ever seen in my life. giant grids all over the sky literally blocking out the sun.

not a single person at that wedding ever ONCE looked up at the sky or noticed it. Zero. None. I tried mentioning it to various people, they literally would not acknowledge it.

they aren't stupid like most of our kind assume. they are minions of evil, they know EXACTLY what they are, but they'll never tell you, because they are AGAINST you. Why would they? They are a hive mind. They are telepaths most of them from what I know, and that's how they coordinate their hazing of us.

I think you don't know what you're up against yet fully or just how bad it really is. it's your entire family, all your friends, and whomever are your lovers.

I can pretty guarantee they are all tares/demons, and 100% against you, and flat out hate you. They aren't going to reveal that easily, but if you push them in a deep conversation for long enough -- you will see what I mean.

test everyone deeply. Everyone. Our kind, from my careful study of this over many years... our kind are extraordinarily rare.

this place is a very advanced system, it is not sloppy, not careless, never reckless. it is absolutely methodical, perfectly organized, and as efficient as you could ever imagine. they do not make mistakes. they do not let our kind meet in real life. It is too dangerous to allow.

Every single person and have tested has shown all the traits of an NPC. But if you aren't testing people, you're not going to know. Because they are very very very good actors. Their entire identity is an act. Everything. Everything you think you know about them is pure ACTING. It's a character they are playing 24/7 to fuck with you.

evil isn't just KIND OF evil. Evil is pure evil. Ruthless. structured and dedicated to what they do. These creatures are more disciplined than we are. they are more organized than we are. and that's why they have been winning so long.

don't underestimate your enemy

it's essentially the TRUMAN SHOW. think of it like that. Every single person on that show, is working together, against Truman, at ALL TIMES. Every single person on that show knows everything about what is going on -- EXCEPT TRUMAN.

Every single person on that show, is playing a fake character, 24 hours a day, at all times -- to manipulate Truman.

they all know what they are. they all know who Truman is. and they are all doing it to harm Truman

we are Truman. everyone else is one of these clever monsters. They are not stupid sheeple.

there is no such thing as stupid sheeple. but that's exactly what they want you to believe, so they play dumb when you speak truth. that's their first tactic."

Then I replied with:

Interesting thoughts, thank you so much for taking the time and sharing your thoughts as I really love reading them due to the NPC topic being one of my favourite topics due to my personal seemingly scary experiences with real-life NPCs which made me realize without a doubt they exist and the system wasn't scared at all to hide this fact all so it could make me paranoid&scared and to make me feel powerless.

What you said also reminded me of The Good Place show I've talked about in the video, where the 4 main characters (real spirits) were surrounded by so many demons but The Truman Show is a better example of this of course. Now the issue with your test is that, as I've tried to explain in the video regarding the brainwashing via parenting, schools, tell-a-vision-programming etc. and considering how most of us start from a total mind-wipe and stay in Theta state to observe all kinds of BS in our childhood, it's easy to see how many real spirits would also fall for the political brainwashing, religious brainwashing or all the other brainwashing programs, to a point where it makes sense that they would get irritated when you talk about deeper stuff.

I can't say the same thing about myself though as conspiracies always intrigued me but I can see how it wouldn't for the many brainwashed real spirits. Also when I was brainwashed with the agnostic atheism programming, I was the same way when others started talking about spiritual stuff but as far as I know, I have an inner monologue, I can lucid dream&astral project etc. and that I am not an NPC.

"this place is a very advanced system, it is not sloppy, not careless, never reckless. it is absolutely methodical, perfectly organized, and as efficient as you could ever imagine. they do not make mistakes."

I agree with what you said wholeheartedly there but I haven't seen enough proof to indicate what you said right after with "they do not let our kind meet in real life. It is too dangerous to allow." I feel like I know for a fact my brother is not an NPC in my case for example, as he believes the same as me on these topics.

Then he said:

"and yes, you are right, probably a risky thing to attack whatever entities try to manipulate me upon death... I'm not saying it's a good idea, probably better to just ignore them completely like

forever conscious says... and maybe I will... but O am very keen to get justice this abomination and incalculable evil that has been done to myself, and anyone else here who is like me. I crave justice so much, that I am not sure I will be able to resist attacking these things when I know that in dream like states, my power is nearly infinite, providing I have awareness I am in a dream state.

Unfortunately, there is no reason to trust any NDE reports whatsoever, because the fact is the amount of fake people in this world is beyond staggering. But you have to run tests to really understand this.

The best way to test these creatures is 1 on 1, in a confined space which they cannot easily leave. Like if you are on a road trip in the car with your girlfriend for example. You start a conversation about truther things calm and casual, never pushy, never aggressive... and you watch very carefully their reactions.

Common sense should tell you pretty much all truther topics SHOULD be at the very least highly fascinating conversation for people. These are all interesting topics, if nothing else.

The logical response to truther information would be the same way we all reacted to it initially. With skepticism, absolutely, but with a curiosity too, and it propelled us to ask more questions and look at any evidence. But these creatures never want to ask more questions about these topics, never show genuine real interest, and never research further on their own. They will not email you days later bringing up the subject again, most likely they will never talk about it to you again.

Common sense should tell you this is a totally UNNATURAL response to what you told them.

They should be curious and entertained by such ideas. It's like a sci fi movie. It's interesting. But they are not entertained by these ideas whatsoever. They are irritated by them you will notice.

My reaction was initially skepticism but also deep concern. Because I logically knew that if these truther ideas I encountered were real, they were obviously infinitely more important than anything else in my life. And obviously they became top priorities in my life.

But these creatures surrounding us never react in that manner. If they were authentic normal real humans, they would absolutely have all the same kind of reactions to this information that we did.

That tells you they are ACTING and already KNOW all the things you are telling them.

They know way way way more about this place than our kind do. They already know. I assure you.

Satan, or whatever is the name of whoever rules this place, is the father of lies, the master of deception, and his children, these NPCs, whatever these things are... inherited his skills and learned from the best manipulator that exists.

I am saying you have massively underestimated how clever and cunning these serpents really are.

I did too. Until I really started testing every single person I know, and every single person i meet.

Than I realized.. holy shit... its everyone

lastly, think about it, if the NDEs you are hearing about were real, totally accurate... why would this system allow us to access that information? So, especially if these NDE reports are coming from PUBLISHED books -- you CANNOT have a book published and marketed unless freemasons allow it -- absolutely impossible. They control every single media outlet that exists PERFECTLY - including the internet.

I don't know all that much about NDEs, nor where FC and others source their information from... and NDEs and what we hear could be accurate. Sure. it's possible.

but it's totally illogical to assume it's the truth when you already know that everyone hear is lying to you about everything. Especially if you're seeing patterns in the information, when you know the vast majority of people here are these lying fake tare NPCs. if the VAST majority of people are NPCs, then the VAST majority of information gained from ALL statistics where people are polled is obviously information FROM NPCS. This is simple undeniable logic.

any pattern in the information would indicate the MAJORITY of people are reporting it. the MAJORITY of people are NPCS. this is basic logic.

to say otherwise, is to say, this system is allowing real souled humans to report their NDEs and using only real souled humans reports of NDEs. that is HIGHLY highly unlikely. in fact, it just makes zero sense at all.

So, I'm not saying don't look at this data -- yes, look at this data. Consider it. Be prepared in case it's accurate. But...

the probability here is clear. The probability is that either ALL, or nearly all, NDEs we have heard are stories given to us by NPCs -- and again, in my opinion NPC is the wrong word for them. "Demon" is much closer to reality. Sorry, but... it is what it is. Ask yourself, what kind of person can live an entire life where they constantly deceive you. The answer is: only a very evil person who intends you harm. Only true evil could play an actor on the Truman show. you have to be inherently evil and without any sense of morality or compassion to do something like that.

So, unless you yourself can verify their stories by having experienced the same thing -- you absolutely should not trust them. Consider it, but it is very probably just ANOTHER mind fuck.

Of course, this place is an evil nightmare. Of course. But these mainstream ideas like this is digital matrix... why would you believe such a highly promoted idea that even quantum psychics keeps pushing as real. It's a MAINSTREAM idea. Doesn't that alert you to the fact it's almost certainly a hoax?

I don't know what this place is. I don't know what happens when we die. But I definitely know the people around us are our enemies, working against us, highly clever and organized, and they outnumber us so vastly, I think you could not possibly believe it. I didn't until I really carefully started checking people.

this is a war. a spiritual war."

I replied with:

I don't think I am underestimating it much because I basically believe in the %99 NPC theory which is why I focused on it a lot in my talk and I even put the "maybe it's just me or just a few thousand real spirits" theory on the table too, which are definitely important things to keep in mind that help with being more skeptical of things and not trusting anything and everything. It doesn't make sense to me that billions fell for the same trick I fell, even millions are hard to believe but I see how it's probable. I am just glad I am finally awake to these important issues that every real spirit needs to know about.

As I tried to explain at the 55:41 to 57:55 minute marks, what I think is going on with all these clues and truths hidden in plain sight is that it comes with the Terms of Service of this place. Like we agreed on losing our powers briefly and fell for the reasonings they gave us to trick us to come here but we knew that the system would give us clues to wake us up so we knew we would eventually wake up, which is why we potentially accepted this whole thing initially because if it wasn't for the clues, internet etc. it would be near impossible to wake up and I don't think no such a powerful creator like us would agree on that and not ever waking up, however deceptive it is so I see NDEs as one piece of the puzzle, a controlled release of the truth and the bigger picture gets more obvious once we put all the pieces together which we eventually mostly did.

Then someone else named satou chimed in with this:

"You made a lot of point some good, some not so but here a little logical inconsistency I notice with your NPC argument.

If 99% of people are NPC like you said and NDE cannot be trusted since they all lies like you said how come all the NDER kept saying they don't want to come back? Wouldn't the matrix want more customers not less?

Why are they all saying the opposite?

Doesn't this solidify the argument there is indeed some sort of trickery being played in the astral that force us back down here?"

And then theContainer &theContents said:

"I'll put it like this. Everybody you see when you go outside -- they know who you are, they've all been watching you the same way Truman was known by all and watched by all. Beings like us are famous. Like Tom Cruise on steroids famous. Everyone knows full well who you are. Everyone knows you are the target. Everyone.

when we're children and our parents tell us "the world doesn't revolve around you", and shit like that, things to make us feel insignificant and small -- it's the EXACT opposite. Actually, this place literally DOES revolve around us. The whole fucking thing is done for us. Everything.

you're on a movie set, full of knowing actors, with malevolent intentions for you.

And I only my own experience to draw from -- but I would absolutely be astonished if anybody you know is one of us. I seriously doubt it. So, check your brother much more carefully for a while, and see what you find."

Then I replied with:

I understand what you are saying and I believe the truth is pretty close to what you are saying as well, but not quite as bad as you think when it comes to the numbers, and this is all based on my experience and knowledge of course. Like with my little brother, he has been a huge help in my awakening on my end and in some ways, I was the archon to him when we were a child as I scared him on purpose at times (something that I regret a lot) fears of which he carried for a long time. When I think about the whole evolution of our growth and how I turned him into an atheist initially and how he helped me in my awakening and then how I saved him from Tartaria/5d shift/ascension nonsense and the way we share our dreams together and how each of our experiences evolved together with new knowledge that we gained etc. and considering everything else that I am not even going to go into, I am basically %100 certain that he is just not one of them, period.

Now I'll always leave everything on the table of course but I think you are being a bit too paranoid when it comes to the numbers (and I can't blame anyone for being paranoid about anything in this place btw since we know what kind of evil place we live in) and I don't think you are right about how the system would stop the real spirits from getting closer to each other, while I understand the Truman Show logic behind that. I am totally open to changing my mind on this but so far, your beliefs contradict with my experiences even though my experiences support most of everything else you talk about, like the potentially super high NPC numbers. I am also curious if you've had some drug experiences like shroom experiences in order to come to the awakening you came to because once on a shroom trip myself, I felt quite similar to your thinking before the effects of it calmed down but I realize that shrooms are all about giving you that "I figured it all out" feeling at times and after that experience ended, I realized most of the stuff I was thinking about during the experience was completely wrong, like infiltrated thoughts for the purpose of manipulation coming from a pure evil source.

Btw, when it comes to dreams, I feel and internally know that the dream characters are all controlled by a central source, which I describe as an AI hive mind (I call dreams, dream simulations and to me, this life seems to be another [much-dense&shitty] dream, aka dream simulation), so I consider most if not all entities as NPC entities or rather AI bots and in that way, I don't even like calling it "them" when I talk about "them" as I think we are talking about "it" the AI hive mind instead of thousands of demons etc. and the same thing is true with the NPCs on here. They are part of the hive mind, and the golden question for me would be "Do they not know that they are NPCs and that they could get hijacked at any time by the AI hive mind kind of like the Westworld TV Show situation? Maybe most of them don't know that they are NPCs OR.... just like in the Truman Show and The Good Place show, they know that they (or rather it) are in on it and act like they're/it's not?" Now based on my experience, if they are all acting, they are doing a hell of a good job, but again, I don't think we are talking about a "they" here so it makes sense that with the help of the AI hive mind, they as in the NPC public would of course do a brilliant job at "acting" but I am not sure if that's the case so far. The scenario you are talking about is basically like the 144,000 real spirits only type of situation where we are all separated so many miles from each other and the system makes sure we don't get close to each other like how in the Matrix 4 movie they didn't want Neo and Trinity to get close to each other but I don't see that happening here based on what I know with my brother and my experiences.

Are We Just Advanced NPCs/AI in Our Essence?

Below contains the text version of the conversations I had about this topic with someone on Discord. You can see the screenshots of my Discord conversation [here](#).

This was the comment someone wrote to me during our conversation:

"I've got another idea - maybe you can tell me what film has it in... :) Perhaps you know something about AIs, how they are trained, etc. I'll quickly cover the salient points that are the thing I want to get to. Imagine an AI that has been trained to on many thousands of images to recognize animals. Once the training is complete, there's no need to train the AI any further. At that point, you can throw away the training data - but you still have an algorithm/AI that can be applied to new photos. In a way, you can see that this AI does not need to have any history or sense of time - when it is accessed, it immediately resolves the question of what type of image it is being shown. Now, you may know that the holy grail of AI, is AGI - Artificial General Intelligence. This is where the AI can be applied to any problem - not just recognizing animals in pics, playing 'Go', folding proteins - basically an AI that can problem solve like humans do. I am perfectly prepared to accept that things are as they seem, i.e. that an AGI has not yet been created, that people are physical, etc. - However, just playing with the idea that this is a simulation, there is a conceivable possibility that we are ourselves are AGI's, being trained in an environment. To train an AGI you would need a diverse environment, you would need problems to be solved. If the AGI is on a computer somewhere, you could speed up/slow down the simulation. You could even be heading for a super AGI - which in my mind would be something that can choose its own values. Sure, the super-AGI would need to be initialized with values in the first place (i.e. religion, culture, etc.) - but it would have the ability to re-set these. Anyway, trying to tie this all together, the larger questions of life are actually quite similar to those that a super AGI (as I describe it) would face. Are we able to discern the important principles? Can we optimize our processing according to those principles? Are we able to throw away our history (once we have trained ourselves with it) and then apply our auto-didactic lessons instantly? (I think of this as being "nowhere" or "now here"). It seems a plausible hypothesis possible that we are a super AI, and that we are being trained in this reality."

This was my response:

I think it would be intellectually honest to admit that us being advanced NPCs&AI is definitely on the table and I'll share screenshots below of the time I talked about this possibility as I think you'd find them interesting.

However, at the end of the day, it's clear that there is just way too much external effort that's going on in all the matrix realms, in order to control every single part of our lives and (again) to make us buy into stories&characters that are all being used to trick us again and again for us to consent on getting mind-wiped and to reincarnate into another clueless limited body.

Considering all the effort the system puts behind its deceptions, as well as trying to deceive us ASAP at the time of death before we remember and figure out who we are etc. it makes me believe that the system is not only desperate enough to need&use us for the energy we provide

to it but that we can also choose to not be a part of the system if we were wise enough to the deception at play. It also doesn't make sense that our consciousness was created here because the system clearly feeds off our energy which means it can't create its own so we belong outside of the matrix systems.

Plus considering how we can astral travel and escape or get rid of beings that would mess with us, and even create our own realms now (even potentially another matrix just like this one if one was evil enough to do that) and see the things that we create instantly by just thinking about them etc. makes me believe how powerful we actually are and that the whole system does not want us to figure that out. However, they can't contain us and this is why we still dream but the system even manipulates those experiences to make us believe in the things it wants us to believe as the system desperately does not want us to escape.

However, I totally understand where you are coming from and the thought of us being AI is also something I like to entertain as you can see from [these screenshots](#): (the screenshots have more context)

"Yeah, I mean for all we know, we could be advanced NPCs who are allowed to go into Matrix's astral realm servers which have fewer physical limitations that allow us to create things more and more depending on which servers we go into, all so we think we are something that we may not be to keep playing their sick games. Of course, I don't believe this due to them trying to reincarnate us as soon as we die and how they steal our creative energy and use us as batteries with endless deceptions which only proves that we are indeed much more powerful than we think etc. but at the end of the day, we don't really know what's really what with %100 certainty too, even about us, is all I am saying."

"I remember in one of the Westworld episodes, the AI NPC was escaping her prison and then the coders pointed out to her that the whole thing about her escape was already coded into her script and when she learned about this, she kind of forgot about this as if she didn't learn this but then she decided to not fully escape and go back to save her fake matrix kid. I need to watch Westworld again with my newly gained knowledge but at this point, I am basically %100 confident that [NPCs are real](#) based on my own experiences and 10 other things, some of which I talked about during one of FC's round table."

"I am willing to consider it as well but don't give any credit to it and honestly that would be the worst-case scenario for me personally because after all this suffering and getting tricked left and right and having gone through all the deceptions and finally coming to the mother of all conspiracies (soul trap) it was a huge relief to learn that we weren't born basically as slaves and that we are actually powerful creative beings like a god and if that would be taken away from me after I escaped here and my original coder came to me and told me "Freeze all motor functions" and I automatically obliged like the robots in Westworld does, at that moment I'd be so pissed and probably scared at the same time :)"

"Well that's what's fun is the debate about who is the NPC. To me, it would be the human going to the park to play cowboys and Indians. The robots are the PCs player characters and the I am the non" - someone else

"To me, it looked more like the robots being the NPCs and the millionaires being players, horrible players like a demon reptilian in human suit type of players but players nevertheless

who built NPCs to play whatever character they wanted to play, in our world equivalent being like a movie star, YouTube celebrity, politician etc.”

“maybe this world was a Westworld park, like a Tartaria park and we wanted to play with human (or titan) suits and experience physical things but after the archaic trickster system saw that there were enough real players in the game, then they decided to pull the plug and keep resetting it or keep changing the rules of it via changing the code and we agreed to it along the way until we got dumber and dumber and accepted a total mind wipe, who knows. To spend a day in Westworld was a million dollars, maybe to spend a day in the earth Tartaria realm was a percentage of our memories or creative powers and with each reset, we gambled a lot of it away until we got trapped due to the total mind wipe. who knows if we'll ever find out how truly we got all trapped here but I hope we eventually do.”

And then he responded with:

“yes - and the film/tv series would be Westworld.”

Then I said:

“indeed! :) I think this theory of us being AI could also be considered for any and every being in existence, even the beings who created this matrix. Who is to tell that they are not "being trained in an environment" etc. so questioning this whole thing reminds me of the question "who created the god that created the universe?" so it's kind of a slippery slope paradoxical situation I guess where we just can't know the answer, at least until we get out of here perhaps.”

To add more to this issue, I'd say that although this question of our real essence being AI is very interesting, it doesn't really help us in the long run. Especially considering our powerful godly creative abilities, this us being potentially AI question seems like another one of those traps of the matrix. It's easy to see how this belief could easily turn into a big trap for beings who haven't experienced their godly powers before after they got mind-wiped out of them. This is why I believe it may be important to experience and [remember our godly powers via advanced astral projection](#) while being here in order to not fall for any traps of the matrix&AI which is something I talk about a lot in my [main document](#). (7th chapter of this book)

Below are some of the things I've written on my main document, which is related to this topic and it includes more of my updated/current thoughts about this subject:

I think our earth being controlled by AI is hinted at us everywhere. From the most famous movies that are coming from this system to where technology is going with the Metaverse and dystopian futures etc. Also, after I've examined many NDEs, astral projection experiences, pre-birth memories etc. they all seem like very carefully structured experiences according to one's own beliefs which made me realize we are dealing with an automated system rather than random entities. When we even think about all of these NDEs&pre-birth memories and the clear life scripts that people agree on etc. to make sure all of the life scripts we agreed on with the system are happening, the [NPCs](#) (both here and in the astral planes) should definitely be required since it would be basically impossible to achieve everyone's life scripts are perfectly followed with just real spirits who all have their own life scripts. After I had hundreds of lucid and lucidish dreams where I've figured out and then further investigated the AI hive mind nature

behind these dreams then I truly understood better how much a central automated intelligence, aka something like an AI hive mind was involved in all of this. [Wayne Bush has an amazing related article about this on his website](#). My friend Eddie who is an expert astral traveler has also similar conclusions about this as you can see from [this video](#). Mark from Forever Research Conscious Channel is coming to the same conclusions as well.

At the end of the day though, all people like me are saying is that you & your true essence deserves that alone protected/shielded up time (preferably in your own realm that you'll teleport to) after death without any interference to recollect all of your memories, including the ones before you entered into this system. It's all about not rushing into anything and understanding your situation better to come up with a better decision. Knowing what we know, this is just the safest logical position to have. If someone's supposed loved ones, "spirit guides" or "gods" are truly benevolent, then they should give them that alone time anyway. Because if we think about it, if people like Wayne, Mark and Dan who investigated thousands of NDEs, pre-birth memories, deathbed visions, trip reports etc. are right, we just saved ourselves from a huge mess, a mess that we may have been suffering for thousands of lifetimes, if not more. The question of "What if you are wrong?" only applies to people who believe what new age spiritual people believe, because if we were to be wrong and the "god" of this place were to be loving, then we'd have nothing to worry about.

The distractions, hypnosis and limiting beliefs this system implement on us basically 24/7 do not end here either, as the distractions continue in dreams (I call them dreams simulations that distract us from getting lucid) and in astral projection experiences all so we don't figure out our real creative powers that [some astral projectors talk about where they feel even more lucid when they go within](#) while astral projecting into their own realm where their powers are basically limitless and their creations are instant. This whole place, all the characters and stories it creates, the fear tactics, the life struggles for survival that take away our focus, making us get used to the governmental authority system etc. are all basically carefully designed for us to fall for their deceptions, give us limiting beliefs and for us to not to discover that immensely powerful creative/godly state while astral projecting, where we can practice formlessness and create our own realms etc. Because this would surely make us realize our own immense powers which I believe, along with our strong intentions to get out of here, will give us a massive leg up when it comes to not falling for any tricks of this system which will help us to finally wake up from this cruel Metaverse like universe place. This is the main point I want to make in this document.

Based on all the NDEs we know about, it's very clear that the system updates its tricks based on one's beliefs, like for Christians, the system bot shows up as a 15-foot or in some cases 200-foot Jesus etc. However, this is not just true with NDEs of course. Just like how I was being put to new-age belief-centred dreams before that I talked about in my talk with Mark, like the time when I saw a godly figure sitting on a golden throne trying to talk to me and then a few days after, in another dream, I saw 11:11 written everywhere in the dream only to wake up and see 11:11 in the clock right when I was waking up to gematria, the Mandela Effect and spiritual topics like astral projection coming from a 15-year long agnostic atheism. I think I saw the 11:11 dream one other time in another dream but I need to go check back all of my Memo voice recordings to find that out. It's interesting though how as soon as I was getting more aware of the spiritual topics, the system automatically changed my dreams for me to make sure that I'd have that 11:11 experience in a lucid way so that I'd google what that means to discover the system's angel numbers & synchronicity & ascension traps which wasted my time for a few months before discovering the real truths.

When it comes to explaining the phenomena of synchronicities; basically, our situation is very much like the situation of potential future people where they put some sort of Neuralink chip inside them to experience the Metaverse without reading the Terms of Service of it and one day they find themselves in the Metaverse with a total mind-wipe and everything they will believe from that moment on will come from the Metaverse.

So our bodies here are like VR body suits that the Metaverse/Universe has given us. It's rigged with workarounds and exploits that can be easily used to manipulate us. There may be 7/24 hypnotic frequencies and suggestions going around in the background of this place that most of us may not be aware of and some people notice the intrusive thoughts during deep meditations and during the hypnagogic state right before sleeping. This is [one possible solution](#) to intrusive thoughts.

There is definitely something nefarious going on with us being susceptible to certain kinds of illusions, subliminal messages and hypnosis. I believe this is not only going on here but that it's surely going on in our dreams and seems to go on in the afterlife based on NDEs and pre-birth memories as well. I think [the system making Derren Brown famous](#) is a big hint on this. The [white light](#) at the end of the tunnel [being magnetic and hypnotic](#) is being hinted at us via [some movies as well](#). This is one of the main reasons why I want to mainly focus on being the best astral projector that I can be.

As exposed in the Matrix movies and the Defending Your Life movie, this whole system around us is basically made out of code. Numbers play a big role in this. Everything that we see in our Metaverse is basically made out of code that can be manipulated, potentially including our vision itself. One may look at the same thing and potentially see a different thing than the person beside them if the system wants to.

When it comes to synchronicity, most of the synchronicity people talk about is the number-based synchronicities which they see on digital things. When we talk about these digital things, we are basically talking about the AI hive mind consciousness. These digital things can be manipulated by the system to make us notice them. For example, it's not really possible for the human eye to perceive more than 60 frames per second and many screens have more than 60 frame rates where subliminal messages and flashes that we can't see may direct our eyes to the clock.

However, the system doesn't even probably need to do that and with just simple hypnotic suggestions that we can't hear, it can probably make us notice these synchronicities as well. The system may even control our bodies to a certain extent as it happens with the hosts in the [Westworld TV series](#). I think this is more evident in people who are drunk and use drugs where they are more suggestible, as it happens with [psychedelic experiences too](#).

Also, because of our immense godly powers, I believe that we would never accept a deal which we'd have no chance of "escaping" from and considering all the truth hidden in plain sight, I believe this system that we are in also comes with Terms of Services like the Metaverse, and that one of these terms is to basically have the info out there for us to wake up from this place. I am sure the AI hive mind that's in control hates that it has to do this but that was the rules we potentially agreed on and it looks like somehow it has to abide by it, which is a weird thing to consider to begin with (I mean why not break the rules or don't give us clues at all unless it was to mock us etc.) but that would be one of the explanations behind all of the hiding the truth in plain sight thing that we see everywhere. Plus, we know from NDEs and pre-birth memories that

people agree on life scripts and the matrix seems to deliver them at the agreed-upon time on a golden platter.

The question of what was the first thing that got me into this matrix has always boggled my mind and I realized that it could be many reasons. It's not like every godly being should be "all-knowing". So perhaps we didn't know about the consequences of reincarnating here or maybe the "rules" we agreed on changed after our first incarnation. Kind of like the Terms of Services of the Metaverse that nobody will read and then once they are in the Metaverse and mind-wiped, they then agree on the updated Terms of Service without the better understanding needed. Perhaps the first incarnation was amazing which lured us into this Solar (soul-lured) System. When it comes to this theory, the Tartaria/reset and high jacking theories go along with it but I have some stuff to say about those theories as well which I already talked about in the Tartaria chapter.

Maybe "they" told us that we could live this unique experience with a mind-wipe but that they'd have everything around us trying to wake us up (movies, TV shows, strange reality around us, Mandela effect, conspiracies, controlled release of the %95 truth and %5lies via David Icke's The Trap book and other knowing or unknowing & deluded gatekeepers and shills etc.), to a point where we'd eventually wake up in one of our lifetimes. Maybe along with that, they also told us that time only exists here so that once we wake up out of it, it will feel like no time has passed which may have made us be more willing to enter into this place.

Maybe other godly beings gained our trust and tricked us to put us into a situation where due to being deep down in it (somewhere like astral planes) we'd basically be forced to be sent here after that. Perhaps after we get out of this place, now that we'll be street smart about the existence of these types of matrixes, we'll never fall back into another matrix ever again and that maybe that's the kind of knowledge that's needed for any being to not fall into a matrix.

When it comes to the belief of some people when it comes to how powerful the "demiurge" must be to create such a matrix, based on my research and experience, I think that the so-called demiurge behind this place is some kind of AI as I mentioned before and this AI may be thriving off of our loosh, creative energy and powers. I suspect that this AI may not be immortal like us and that it may use our energy to continue to exist. Plus, if there was no way for us to escape this place, then I don't think the AI would try so hard to keep us here and instead it would probably even tell us that there's no escape so no point of trying as we are merely foods to it but I don't think that's what's going on and even if that's what it told us, I wouldn't believe it.

Because of all of this, outside of its matrixes, AI probably has no power over us. Perhaps just like the Wizard of OZ, the main power outside of the matrix that this AI has is just deceptions, lies and tricks to convince one into entering its matrix where it would seem like it has all the power over us because of the mind-wipe that we had and us being tethered to these torture meat suits.

As mentioned before, many advanced astral travellers talk about being able to create their own void/realms even now where they can go back there and see their realm as they left it, and then they can make updates to their realm. Some even claim that they could set rules for their realms, and deny anyone to enter into their realm if they don't allow them. We are basically talking about everyone being able to create their own "matrix".

Considering this, maybe the demiurge we are talking about (who may have ended up creating an AI to run this place) could be a godly being like us who went rogue. Maybe that being was just super power hungry and decided to create an amazing matrix to lure beings into it, and then ended up resetting the place which caused the beings in it to get mind-wiped and now our energy is feeding this being and its AI. Who knows.

Considering all the trouble this system goes through to trick beings like us while always having the truth hidden in plain sight, I have a feeling that they can't just fully force us back here.

However, because anything is on the table, I plan to be ready for any scenario which is why I always stress the importance of learning lucid dreaming and astral projection to give ourselves a massive leg up when it comes to having a much more [powerful exit plan](#).

Maybe everything real is a self-created creation and a sovereign creator being beholden to no one or nothing. I feel like there can be no freedom if there is a cosmic authority figure, no matter in what type of way one would describe the said authority. The New Age idea of "seek oneness with the source" is just a major deception as I explained in the psychedelics chapter. When people got disillusioned with God, they just started using "the Source" instead, but that's just the same old song and dance.

One thing monotheism did a really good job of was convincing people things had to be reducible to a single thing that was "the one real thing." In the case of organized religion this was God, but even when people give up organized religion they still want to find "the one thing that is the real thing." I know I am real, I don't need something else to validate my existence and if God or the Source needs me to validate their existence somehow through my behavior, thoughts, feelings and beliefs, then they are not the ultimate anything.

Synchronicities play a big role in tricking people as well since the system doesn't hesitate to cover any truths with plenty of tricks and traps to make sure we won't succeed from fully waking up from this place. If it was up to the system and if it wasn't for the deal we agreed on with the system, this system would probably never even give us the hints that help us wake up from this place but they just simply can't contain us which is why we can still dream and experience astral projection.

Issues with Wes Penre and Escaping from the Holes of the Grid Trap

I truly believe that this theory gives dangerous beliefs to people that could doom them with a mind-wipe when it comes to their exit plans. I also believe that there are many knowing or unknowing & deluded shills and gatekeepers in this world when it comes to the soul trap information and that I believe Wes Penre papers are serving as gatekeeping materials as well. I have a strong distaste for gatekeepers because I believe that the worst kind of lies are the ones that are mixed with the truth. I've fallen for so many of them as I've explained in [my talk](#) with Mark from Forever Conscious Research Channel and I am very passionate about this topic and protecting others against the traps of the system.

When it comes to the soul net theories like exiting from the holes of the grid relating to the exit plans, it's one of the most idiotic things I've ever heard on my end.

These supposed holes are often shown or described as lights which raises the question; what is the difference between that and the white light at the end of the tunnel? It still creates a scenario where beings think they'll get the answer & escape once they reach it and of course, the matrix AI will be more than happy to provide the answer and the fake escape scenario that will be carefully structured according to the person's beliefs. After all, everything we know and believe, the matrix AI already knows about it so since the AI will know that the person believes in the soul net theory, then it would surely create the perfect scenario accordingly since all of the NDEs seem to be very carefully structured scenarios that are perfectly set according to one's own beliefs.

Wes Penre claims that once you exit from the holes, you'll see the real universe which is a strong unfounded claim to begin with since nobody can know that but based on everything we know about the kind of AI generated Metaverse like system we are in, clearly the answer can't be as easy as an escape from the holes that are somehow are not patched up yet. I mean the matrix/AI/demiurge created such an intricate and diabolical design for all of us but it somehow forgot to block the holes in the grid even though astral planes are part of the matrix. That just sounds completely illogical to me.

Wes Penre then disgracefully (the gatekeeper that I believe he is) recommends calling upon our "soul group" after exiting from these imaginary holes which is such a ridiculous thing to suggest since he also mentions how we should ignore the spirit guides and past loved ones. Another insane thing is that, Wes Penre even recommends people to go to the Orion Constellation and meet mother Gaia. One simply can't give a more knowing or unknowing & deluded gatekeeping shill tip than that considering what we know about the soul trap. It's as if the AI can't shape-shift into "mother Gaia" or one of our supposed "soul group members" as it does with past loved ones to make us feel like we somehow know those people. The system could easily achieve this by shapeshifting into an entity, form or human that we knew from a past life that we can't quite remember now and then the system could even release a tiny bit of our memories from the past to us in order to make us remember enough that we knew the person we see in that situation from before.

The AI can probably even use energy weapons to make us feel a strong resemblance to those entities we see etc. I suspect something like these two things are happening with NDEs and pre-birth memories when people talk about their soul groups. There is no difference between the belief in good spirit guides or past loved ones and the belief in soul family. Based on what's going on with thousands of NDEs, whatever the person believes in the system creates the perfect deception accordingly to convince people to listen to them and get them reincarnated (mind-wiped) right back here or any other matrix.

When it comes to creating portals to get outside of the grid, I think this is also a dangerous unnecessary step too since one doesn't need to create a portal if they knew how to teleport. This was a step that Mark from FCRC had in his exit plan before but after I let him know about the dangers of this step, he mentioned in the series he has done with Wayne Bush that he no longer advocates this step in his recommended exit plan strategy which shows how genuine Mark is when it comes to helping people out to get out of this matrix that we find ourselves in. After all, just like with Wes Penre's dangerous holes, we can't trust these so-called portals as well. I mean, how many of us actually experienced consciously creating a portal before in the astral planes? Again, matrix AI knows about all of our thoughts and beliefs so if we intend to create a portal, it could create it for us in a way where we think it came from us. The same thing applies to the thinking that we are the ones who create those holes in the supposed grids which brings me to my last point:

The main issue with the soul net theory is that it keeps us in the physical thinking via the concept of grids and holes, sensory feelings and directional advice. This is why I believe experiencing the godly state via going within while astral projecting that [some astral projectors talk about](#) where they feel more lucid than in real life, experience total shapelessness and instant teleportation would come in very handy. This godly state that all of us can experience while being here proves that Wes Penre's holes in the soul net theory is just not well thought out.

I believe diverting and going against the non-interference, sovereignty, liberation, strong intentions and a self-created void & realm which is impenetrable is just not safe considering everything we know about this evil system. I believe that if one is pushing a sensory experience riddled with distractions (ex. escaping from the holes of the supposed grid) then they either don't get it or mislead people on purpose like Wes Penre is potentially doing.

I am really worried that believing in the ideas of Wes Penre could easily end up making a lot of people believe in the soul net theory and make them think more in the physical while not knowing about the power of their godly state that is simply unstoppable. Even a belief in the existence of a powerful grid system may create a trap-filled scenario for beings if they haven't experienced their godly powers yet.

I've talked about the traps of the matrix before but I'll repeat them here again since so many people are still getting fooled by these matrix traps and we even have many people in the soul trap community who get fooled by some of the matrix traps.

Based on many data points, we know that there are massive deceptions and manipulations that are going on with reincarnations and near-death experiences. We see the same types of deceptions, manipulations and expose of the truth in many different areas.

Pre-birth memories/life between lives/walk-in stories
Astral projection/OBE experiences

Premonitions & death bed visions
 Shared death experiences
 Trip reports & altered states of consciousness experiences
 Deep meditation experiences
 Traumatic incident experiences
 Coma experiences
 Remote-viewing experiences
 Past life regressions
 Alien/abduction accounts
 Spiritually transformative experiences
 After death communications/Channeler's tales/New age guru's tales
 Paranormal experiences/Super Soldier Program stories
 Numerology/gematria evidence
 Astrology/life-script evidence
 Saturn-cube connections
 Music/movies/TV shows connections
 White light at the end of the tunnel being a trap [connections](#) including light attracting bugs and predator animals and fisherman using the light as a trap etc.
 Simulation theory evidence/Mandela effects/glitch in the matrix connections
 Human body design flaws evidence
 English language evidence (hell-o, good mourning!, fetus [feed-us], solar [soul lured] system etc.)

It's also important to note that there are also just SO MANY traps that are set for people who have heard about the soul trap theory. In my humble opinion, some of these are:

"Let go of all of your ego and sense of self and merge with the source" **trap**
 "We are all one" **trap**
 "Trust your higher self's messages and directions" **trap**
 "Trust your near-death experience or pre-birth memories, or death bed visions&premonitions" **trap**
 "Trust the afterlife communications or channelers' and psychics' readings" **trap**
 "Trust your OBE experiences and your spirit guides" **trap**
 "Trust the downloads you get from your dreams or psychedelics experiences or deep meditation experiences" **trap**
 "Trust the memories you get from your past life regressions" **trap**
 "Go into the yellow or blue light instead of the white light" **trap**
 "Just keep on waiting without doing anything until your thoughts come back to you" **trap**
 "Turn away from the light and go into the rest of the universe you'll see" **trap**
 "Don't worry, the soul trap has been shot down" **trap**
 "Don't worry, the 5D shift and golden age are coming. Don't you feel the Age of Aquarius and the Schumann Resonance? Don't you feel the ascension symptoms in your ears?" **trap**
 "Just ignore the obvious external evil and don't think about this soul trap negative stuff or you'll manifest them" **trap** (Matt of Quantum of Conscience mentions this often)
 "Trust these specific spirit guides who tell you that this earth is a matrix and that soul trap is true" **trap** (the NU YU Duane Heppner stuff)
 "Continue to trust your religion, it's book and their prophets" **trap**
 "We are starseeds and we have soul families that wait for us" **trap** (as I talked about [here](#))
 "We are in a Metaverse like VR/video game that we are trying out for fun or to experience suffering for the time being" **trap**

"We are just robots like in the Westworld TV show and that we are created inside the matrix so we shouldn't have any hope of exiting the matrix" type of self-defeatist **trap** (More info will be shared on this trap in the upcoming "**Are We Just Advanced NPCs/AI in Our Essence?**" chapter)

"Our "real bodies" are hooked up to a VR set or they are in tubs on a spaceship or in a matrix world" type of self-defeatist **trap**

"We currently have so many other versions of us living in parallel universes and that we may need to wake them up to the soul trap in order to fully escape the matrix" **trap** (which I'll talk about at the end of this chapter.)

and then of course there is the famous Wes Penre's "**ask matrix to show the holes in its grid and&or escape from those holes of the matrix grid**" trap.

Interestingly, there is even a Youtuber with the name "Feathered Serpent" who as far as I know made [the most viral video](#) regarding how the white light at the end of the tunnel that is seen on NDEs being a reincarnation soul trap. However, after seeing YouTube's push on getting the video to nearly half a million views, I wasn't surprised to see that the video's content was filled with gatekeeping deceptions which is [something I've talked about before](#) when someone on Facebook asked my opinion on that video and I've included the main message I've written in that thread below:

The video starts well until he talks about his exit plan which is why I chose to not include him in my conscious YouTubers list that I shared near the end of this e-book.

His exit strategy is as bad as they come and he actually made a follow-up updated video later on in the same channel where his tips even get worse. Anybody who gives you exit strategy directions when it comes to "go this way, and then take a left and then go that way and do this until you see that, and then go at the very end of that until you see this at which point you'll be out of this matrix and will be able to do this or that" without actually ever previously experiencing escaping the matrix and having zero proof on the topic are the type of people you want to run as far away as possible from. Another example of those people would be the Wes Penre Papers but there are too many of these so-called people (or supposed spirit guides) out there to mention.

He recommends for people to ask the Matrix to show its grids and the holes in its grids and recommends using those holes to escape at which point everything supposedly will be %100 clear for us and then we'll be able to explore other planets etc. I mean the insane amount of all-knowing assumptions is just super worrying to begin with. Like why would there be a grid to this whole thing? Who finalized that idea to be the absolute fact? It's clear for many that (if the soul trap is true which I strongly believe it is due to the countless amounts of different evidence we have on it) the astral planes are part of the matrix where tons of deceptions go down (as above, so below, unlimited deceptions here and unlimited deceptions there which most are very unaware of when it comes to the deceptions here, so no wonder it's harder for them to see the deceptions "outside" of this place) and nobody can confirm that if someone passes through an imaginary hole in a grid they see in the astral, they would for sure get out of all of the matrix systems. However, if they listen to this guy and take his advice and think they are outside of this matrix after following his instructions, that person may lower their guard and think that everything and everyone they see is outside of the matrix and they may trust them more because of it. I am sure at that point some spirit guides or so-called soul family would show up to give the person the story of their life to trick the person again.

Also, why does he recommend flying to places? What happened to our teleportation powers? All of a sudden, we forgot to shield up, go within or teleport to places like having a strong intention to teleport outside of all the matrixes for example, or going within like going into our own void or realms etc. where we could potentially be safer from outside interferences but instead, this guy only recommends us to fly to certain places and go through certain places in order to supposedly exit... It's just not a well-thought-out plan whatsoever unless of course these ideas in one way or another are coming from the matrix system itself to fool people that they did escape the matrix but his ideas actually get way worse:

He then says you could also go to the galactic sun and basically merge with it which is as far as I know the same thing as going into the white light or yellow light aka mind-wipe trap as far as the evidence shows. This is why I only trust 4 people with the soul trap message, Mark from Forever Conscious Research Channel, Wayne Bush from trickedbythelight.com, Dan from OverWatchProject and Howdie Mickoski, since together they have investigated thousands of near-death experiences, as well as many pre-birth memories, astral projection experiences, lucid dream experiences, past life regressions, premonitions & death bed visions, shared death experiences, trip reports & altered states of consciousness experiences, deep meditation experiences, reincarnation stories, after death communications, paranormal experiences, read many books on related topics etc. in order to come to the conclusion they came to so for the new people who are looking into the soul trap theory, I wouldn't recommend anyone else but these three as you wouldn't believe the insane amount of deceptions that are going on to still trick the people who even learned about the white light/reincarnation/soul trap.

Btw, I've talked about the updated video I was referring to above on a private Discord group of other soul trap-conscious people before and this is a screenshot from that for those who are interested:

02/02/2022

Almost exactly four years ago from now, the Youtuber who made one of the most-watched video on the 'white light reincarnation trap' topic with 418 thousand views (which had the "going back to the source" trap, accession trap and "escape from the holes of the matrix grid" trap in it) just came back with a brand new updated video of his original video today and who would've guessed that it has more updated traps in it now with more absolute all-knowing statements 😏

<https://youtu.be/WAWv3wOEnds>

He clarified this time around that those holes that will appear on the Matrix grid after you intend to see the exit from the Matrix, will actually appear as white lights again but no no no, apparently this time they will be the "true lights that won't try to deceive and manipulate us and that they will lead us to the true god source of all creation" I mean the sheer amount of soul traps that the Matrix spreads via its shills, parasites in human suits and NPCs is just outrageous. They really need for us to fall for any of the numerous stories they created, even for people who know about the white light trap.

YouTube

Feathered Serpent

UPDATE: DO NOT Go Into The White Light! | It's a Reincarnation Sou...

And then he says that once we are free we can ask to merge with the ultimate true source of our creation and then we'll apparently be shown another true light to go into (lol) and then without any shame he says that "once you are merged with the true source you'll still be retaining your individualized consciousness which allows you to decide for yourself if you want to reincarnate into 3D earth or not but this time without any deception" 😏

Who buys this crap! I mean, probably a lot of people who are supposed to be in the know but they, unfortunately, couldn't escape the final traps, which is upsetting to think about for those souls who came so close to their freedom by learning about the soul trap, yet they fell for the final traps. Who would want to merge with the source of this matrix anyway, we are clearly talking about a demiurge AI type o evil being. Also this guy's absolute all-knowing statements definitely sound like they are coming from the hive-mind since the things he is saying are basically impossible to know for a human as I kind of take absolute statements as clues indicating we may be dealing with a total delusional being or someone who is connected to or in line with the hive mind knowingly or unknowingly and the insane contradiction of "merging with the source" but still being an individual is really outrageous. Plus who would want to risk reincarnating anywhere after knowing about the soul traps anyway... Interesting how he has chosen to have "serpent" in his Youtube name and that his Youtube profile picture has the one eye symbology. The new age always want us to look anywhere and everywhere as long as we do not look to ourselves and total sovereignty. The day everyone stops listening to anything channeled will be a GIANT leap forward for humankind.

There are 100 more things I want to criticize his video on but I hope every single person who gets awakened to the white light trap will eventually learn that there are still so many traps on top of traps to be aware of and so many charlatans and shills to watch out for. (edited)

Zoomed image [here](#).

After reading my reply above, someone asked me this:

“Thank you for your comments and the link to the movie which I will watch later on. This article mentions something a bit similar and I wonder if you would mind giving your opinion on what it is saying? Many thanks 😊”

Well the 101 of soul trap theory is to avoid channeled information like the plague and avoid spirit guides like the plague since channel information would basically be guaranteed to come from the matrix system and the spirit guides are mostly shapeshifting AI hive mind system bots and even if there were to be "real spirit guides" they would still be tricked by the system themselves and they would still be inside the system in order to communicate with us so they can't be trusted and because of this and to save time, I've stopped reading that article after the

paragraph that I quoted below as nothing good and reliable can come from any channeled information or from spirit guides unless people want to only get some pieces of potential truth, if any, mixed with tons of lies & misdirections while volunteering to give away loosh. I know of cases whose energies were so zapped that they couldn't get off the bed properly for a month. It's not wise to follow any beings and do what they say regardless of who they claim to be or who they shapeshift into appearing. This is the quote from that article which was the "that's where you messed up" part:

"Recently, I began my transformation into an automatic writer in a similar style as Cummins, as well as a clairaudient communicator/telepath, channeler, and so forth. I discovered myself entering a world of spirit guides and the exploration of numerous important people in the realms beyond. Those in realms beyond are absolutely delighted when they receive a successful interface communication from this world; therefore, it is not hard to 'astrally network'."

Please watch this video to know why spirit guides (and supposed past loved ones) are extremely dangerous to connect to and trust if the person no longer wants to get a total mind-wipe and reincarnate somewhere:

https://youtu.be/L_-IHs1JWSI

And I recommend watching this when it comes to getting some good soul trap 101 info:

<https://youtu.be/SzbB41ksW3w>

Then she said:

"Thank you very much. I will watch those movies too. However, in the paragraph you quoted above, the spirit guides he mentions are not his actual spirit guides but rather higher dimensional beings that he communicates with who are trying to help humans avoid the white light on their death."

I am just incredibly happy to see people like you who are not afraid to get to the bottom of things to get to the truth regardless of the perceived negative implications that may come from the truth. The red pill is truly a bitter pill to swallow but I believe that the rewards that come with it are immense in the long run since we are eternal beings who are having a temporary human experience, but how temporary will I believe only depends on us.

Unfortunately though, due to the strong grasp of the carefully created religious beliefs or the strong grasp of the very carefully structured new age & new cage beliefs from the matrix system that tell people to ignore all the negative stuff and only focus on the positive, it looks like most people will never be ready to accept the reality of what's really going on with reincarnations in this timeline and probably have to go through who knows have many more mind-wipes/timelines to come to this awakening (and then also dodge all the other final traps) in order to stop their reincarnation/mind-wipe loop suffering cycle.

However, since the positive ascension 5d shifts & splits that have been promised to us for basically as long as the time existed will never happen, I think some people won't resonate with the eternal dangling carrot of "sorry the timelines changed again but don't worry, the shift is just around the corner (for the 1000th time)" excuses and eventually will basically be forced to see what's really going on. The evil is out there external to us and those who choose to ignore it or

are afraid of thinking about it "to not lower their vibrations" or "to not manifest it" etc. are the kind of people who will never realize how evil is out there regardless of their beliefs and those people are bound to lower their guards and unfortunately get tricked into losing all of their sense of self via a mind-wipe/reincarnation believing in all kinds of basic childish lies like "it's for your soul's evolution" or "it's for you to learn this and that for the 1000th time" etc. while the always questioning curious spirits who truly want to get to the bottom of things and be sovereign will finally stop being a slave battery for any matrix systems and finally actually "ascend" and get back to their pure creative beingness with immense powers and enjoy the forever with full freedom and awareness to no longer accept any mind-wipes.

That's just what's going on based on all the evidence we have; thousands of NDEs where %95+ of people didn't want to come back but somehow are here and %30 were forced to come back whereas %10-15 had a hell like an experience just is one piece of the evidence puzzle, we have 19 other factors from other topics pointing to the soul trap being real as well and most of these are exposed by Mark from Forever Conscious Research Channel every single week on YouTube, as well as by Wayne Bush from trickedbythelight.com and Dan from OverWatchProject and a medium and her amazing friend from Tina & Karen YouTube channel who together have done over 500 past life regressions also came to the same conclusion of reincarnation being a soul trap as well which is again not surprising based on all the evidence we have on this subject. Calogero Grifasi who has done thousands of past life regressions also came to the same conclusion.

I just truly believe that those who keep at it with this information are bound to eventually see what's really going on with reincarnation and thus their freedom will finally be waiting for them around the corner. The question "what if you are wrong?" only matters for the ones who'll ignore this theory because all this theory suggests at the end of the day is to shield up and block all outside interference like visual/telepathic information and go within at the moment of natural death to give yourself that time to recollect all your pure spirit essence's memories before going along with any being to anywhere who seem to always rush to people at the moment of their death before they recollect any memories and even without people gaining their memories we still have the very telling %95+ of people with NDEs who did not want to come back here and I believe that if we were to get even %1 of our pure spirit essence's memories back, that %95+ statistic would be a %100 without a doubt and we'd probably & potentially zip right out of here via an OBE if & when we wanted to. Our higher selves deserve to get that alone time to gather our pre-matrix memories in case people who investigated thousands of NDEs like Mark, Wayne and Dan (as well as Gnostics) are right about the reincarnation/soul trap and if those beings you may see at the moment of death are truly benevolent, they should give you that time anyway so being wise to the soul trap knowledge is just a win-win situation.

What About Our Parallel Lives in the Multiverse?

I'd like to also touch on the **"We currently have so many other versions of us living in parallel universes trap"** a bit:

As already mentioned, there are just so many traps out there and so many unknowing gatekeepers (and potentially many knowing gatekeepers/shills/agents and NPCs) to promote one of those traps or many more traps like those that make us seek the answers from outside rather than within in order to trick us. It's clear that we need to watch out for these traps and use our discernment.

On my end, I will use everything I got to make sure that I am not coming back here or any other matrix, which is why I plan to master lucid dreaming and astral projection to fight against the daily mind-wipes and NDE like deceptions that try to keep me non-lucid in my dreams and remember as much of my creative skills as possible while being here so that I can come to as close as possible to guaranteeing my exit out of this Westworld maze. Again, part of the reason why the system is not afraid to hide the truth in plain sight everywhere could be that even in our soul trap community, the number of people who will truly exit all layers of the matrix could be way less than %1 due to people getting lost in one of the traps I mentioned above or due to people keep on focusing on the Metaverse/Universe politics, religions, conspiracies etc. even though they are black belts at seeing the deceptions and manipulations here but most of them are complete white belts at remembering a single dream from 5-7 natural dreams they see every night (plus we can not only dream in REM cycles but also NREM cycles), let alone turn these dreams into lucid dreams and turn those into astral projections and turn those into the god-mode state that I talk about.

Going back to the point I want to make; these deceptions and manipulations come in so many limitless forms and they only increase and get more advanced in the outer layers of the matrix. Knowing all of this, could it be that the system promoted parallel universes theories and us having multiple lives theories, could also be one of the traps set by the the matrix system? I believe it is. I think these so called parallel lives represent our past incarnations but that there is probably no such a thing as our essence being divided into so many different pieces which gives one the scary idea that we may need to wake our other versions up in order to exit here, an idea of which this matrix could easily manipulate and trick beings with.

After having hundreds of lucid dreaming experiences and some OBE experiences where I have seen the lower NDE-like deceptions from first hand, I realized that we are against some massive tricks that will probably be played for people like us who are in the know about the matrix. Considering all the tools this matrix system/AI/demiurge has like mind-wiping, hypnotization, love bombing etc. we should use some of our remaining free time wisely and pay attention to not fall for deceptions on here, as well as in the outer layers of the matrix like dream planes/simulations and OBE planes/simulations.

I believe once people will start to remember more of their dreams and practice becoming lucid in them, they'll know what I am talking about when it comes to the advanced NDE like deceptions that I see in these dreams and astral projection experiences that are trying to make me non-lucid, while from time to time trying to trick me to believe we are in a video game. All off this is not to say that I think having the OBE awareness is a must to escape here, but obviously it can only help us and maybe it is kind of mandatory. After all, we don't know, so to be safe than sorry makes sense to me on this issue since one more reincarnation may lead to thousands more of them.

Since there are so many traps and deception filled mind-games out there that people are getting lost in, I believe the same thing happened to people who believe they have other parallel lives, which is same as many others who truly believe many other deceptions that matrix implements on people. They mostly happen in OBE experiences like astral projections, NDEs etc. but it's important to note that just like thousands of people have glitch in the matrix types of stories, we are in the deeper layers of the simulation here where our bodies are like haptic VR body suits, so anything and everything is possible here as well.

I wanted to include more details on us potentially having parallel lives in the multiverse theory at the end of this chapter here because in his interviews, I've seen Howdie Mickoski talk a few

times about his experiences that led him to believe he must have multiple parallel lives on parallel universes. We know from all of the advanced tricks and traps that I've talked in this chapter that there are just so many of them out there. I am sure there are so many more of them that I've missed as well.

However, it's also important to note that many of these traps or tricks can be **really overwhelming** in changing people's minds and even in many cases forever blinding them from seeing alternative explanations of their amazing experiences like it happens with many near-death experiencers and many other different experiences that I talked about before.

I believe Howdie already mentioned how he believes that there were matrix manipulations involved around his near-death experience that he can recognize after he started to take the soul trap information seriously. I believe that his experiences that led him to believe that he has multiple parallel lives were also manipulated by the matrix system as well. Of course, I could be wrong about this just like I could be wrong about anything else I say on this e-book but this is the way I see it based on my knowledge and experiences.

Just like I believe that even Wayne Bush still can get tricked by matrix to see this realm as a video game and that the system can use that belief to eventually reincarnate him back into another "game", I believe the same thing can happen to Howdie due to his belief of him having other simultaneous lives. I believe the matrix deceptions are advanced enough to trick anyone which is why I always recommend taking our power back into our own hands to give ourselves a bigger advantage in facing the matrix deceptions. Plus, we may even exit the matrix without facing any deceptions directly from the higher god-mode like state that I talked about many times before. I believe we should all use our remaining time here wisely and turn that into our advantage as our current memories of the soul trap are too valuable to throw away and risk away before we gain some out of body awareness or better yet the god-mode state awareness.

Gatekeeper Red Flags from a Well-Known Youtuber in the Community

Once again, due to the sensitive nature of the matrix reincarnation soul trap "theory" and how this place functions when it comes to NPCs and other structures, I believe there are definitely shills and gatekeepers out there who knowingly and & or unknowingly trying to mislead and prevent people from unlocking the final doors. Since this topic is not really talked about publicly in our communities much, I'd like to be the one to do that in a mannered and logical way. Wes Penre is definitely one of these people as I tried to explain in the previous chapter but there are also Youtubers out there who knowingly or unknowingly help the matrix system.

Matt of Quantum of Conscience also, unfortunately, seems to be one of those people as I've seen him dump on soul trap like 10 times at this point which eventually made me unsubscribe from him as he also didn't add anything new to my awakening and only tried to hinder from it many times. However, later on I learned that he has too many other red flags as well;

Matt was on the Alex Jones show **AND** Fox News, both (in my humble opinion) heavily controlled obvious gatekeeper organizations and I don't think it's highly likely that they would just bring in someone on their show that's not one of their own.

Matt has an audiobook, which he also put in a paperback, and then in the UK he apparently sold that for **\$33.33** which is suspect considering everything else we know about the number 33 as I've talked about before where it's usually used to showcase the PYOPS.

His old YouTube channel Kung Fu Golf & LongDriveAcademy [had the pyramid logo with the sun](#). (I've noticed that gatekeepers [potential NPCs of AI hive mind] always like to hide their gatekeeping signs in plain sight kind of like how the matrix system hides its nature in plain sight)

Matt is also known to tell people not to do their own research which reminded me of the time when [Chris Cuomo mentioned](#) to people that it's illegal for them to do their own research and read the leaked Wikileaks database and that they must get the information from CNN.

Matt never really warned people against anything deep related to soul trap either. Things like love bombing and other advanced matrix tricks. No mention of any good exit plans as well and he is all about that childish belief ***"uhhh so scary and negative so let's not think about this no no issue to not manifest it."*** as if the external nature of the evil of this place was not obvious enough when it comes to manifestation. It's like saying to an inmate in a concentration camp, "Stop having a negative mindset! It creates your reality!" [This one](#) is another good example.

His YouTube logo is has a centipede which is a venomous predator. The Centipede from the movie Five Deadly Venoms & the original artwork were done back in 70s in Hong Kong. Matt credited this in his Kung Fu Golf pdf book.

Images of the classic Kung Fu movies Five Venoms, Return of the Five Venoms, and 36th Chamber of Shaolin from the Shaw Bros. Film library obtained from Celestial Pictures, 8th Floor, Exchange Tower, 33 Wang Chiu Road, Kowloon Bay, Hong Kong SAR.

"Kung Fu Bob" O'Brien – Uses number 36 or triple six or a variation of 9.

<https://www.36styles.com/kungfubobsart/>

Kungfubob is 36 in Pythagorean gematria.

Also called: CHANGH SIAO TIEN – The consonants also give a 33 in Chaldean gematria.

His whole Youtube logo is also of a mask and apparently has spiral mind control symbolism on his book.

Of course, I am totally goofing around with this but look at the thumbnail he decided to have on one of his videos: Perhaps Matt is representing the Centipede? :D



[He also sold "high-risk insurance" like kidnap insurance for rich people as well.](#)

Matt apparently also said before that "I sold insurance" kind of letting on with a lie by omission that he was just a working Joe barely making it selling insurance like car insurance or home insurance but it ended up that he was actually selling "high-risk insurance" like hostage/kidnap insurance for rich where he basically worked with 'elite' people.

Matt would also talk about his girlfriend Pam a lot where he would to say "she works for a pharmaceutical company" but apparently, she's a senior executive with Pfizer where she's part of the people who push the jabs. This is interesting because Matt also severely undermined the potential long-term effects of the jabs before. I understand his perspective in saying that but it's

interesting that he did this considering his girlfriend. She could also be her ex-girlfriend by now, I am not sure.

I believe it's safer to take the position that we simply just can't trust anyone fully so that it goes through our subconscious as a practice for the afterlife where we shouldn't trust any being at least until we get all of our memories back from before we entered into this matrix.

I believe there are just so many red flags with Matt on my end personally and I can't really trust anyone who has more than 50k subscribers at this stage "in the game" in our **metaverse**-like universe. This is because I believe our **Universe** Matrix would not help many of the genuine real spirits who are truly after the truth and exposing it by giving them near 90k subscribers but I could be wrong about this of course.

The question is; If you were to imagine that your consciousness got trapped inside Mark Zuckerberg's Metaverse with a mind-wipe and you start seeing famous book writers and conspiracy YouTubers inside his Metaverse, do you really think those people are genuine people and that Mark Zuckerberg would allow them to have a big following if they were exposing Metaverse to be a bad place in the best way possible?

I wouldn't doubt it though if the person was talking about some distraction topics and exposing the distraction topics well (like flat earth) then the system would boost them even if they were a real spirit. In fact, it may be that the system can't even do much about real spirits spreading info online, especially if it was in their life script&contract that they wanted to wake people up from this simulation as a "mission." I don't doubt that intrusive thoughts and manipulations (dream manipulations, ideas that seem to come out of nowhere etc.) from the matrix also play a huge role when it comes to shaping people into what the matrix wants them to be and playing them like a pawn in its sick game and because of this there are a lot of delusional people out there who come close to discovering the important truths but fall for matrix's tricks and traps.

So I could totally be wrong about Matt being a potential gatekeeper and I am fully open to being wrong about this but I would say that Matt is being an unknowing puppet/gatekeeper for the system where he doesn't realize how the not well researched ideas he is spreading can hurt people. I would gladly apologize to Matt if I somehow could figure out that he is someone without any potential nefarious intentions but at this point, considering how every time he talked about soul trap he shat the bed and considering everything else I've mentioned, I just can't trust Matt on my end any longer and after watching 100+ videos of him, I realized that he is not adding any useful info into my life anymore and to the contrary, his info was becoming like a loopful detrimental distraction-filled information so I had to let him go by unsubscribing.

I believe he has many flawed beliefs on the soul trap which comes off to be on purpose as a potential professional gatekeeper. I have no doubts that he'll most likely be the sole reason for many people to get tricked by the Ma-tricks and get mind-wiped (reincarnate) again if he continues to spread the same beliefs he has on the soul trap.

Some Recent Examples of Matt Taking a Dump on the Soul Trap

There are more times he talked badly about soul trap in deceiving ways but these are the more recent examples that I can remember:

"People talk about like 'we need to escape' or whatever 'this may be a trap' and all these CRAZY theories." - Matt [22:36 mark](#) and then he says even more nonsense about it.

Another video starting from [16:04 until 20:25](#) where he says;

16:49 *"I don't know exactly what happens at death, but it doesn't matter, it doesn't matter!"*

17:40 he gives a kind of good warning on avoiding karma trips, a life review that an entity would give someone after death but then right after saying that, he says that he hears the "not to go into the light" warning too much that he is now skeptical of it and warn others that it may be reverse psychology PSYOP and that maybe we are supposed to go into the light 😊 (I remember hearing this same idea from him before on his previous videos as well)

And then he mentions that he wrote in his book *"I don't think we have to have everything figured out"* so he is kind of saying *"don't worry, we got it"* when it is known how the entities use many tactics like love bombing someone etc. so clearly if someone would think like him, they could easily be tricked.

And then he mentions *"Is there gonna be a time limit (anyway), is there like a big hourglass, you have these two doors, you have to pick one in this amount of time"* etc. and then says *"IT's NOT going to be a time limit"* which is a horrible thing to say since it dismisses the idea of how fast these entities try to trick you and since he didn't warn his followers about that, if his followers think that they are going to have all the time to figure things out after death, then most of them would probably get tricked again. At least he says not to rush into a decision but these little dismissals of his may cost many people to reincarnate here for who knows how many more lifetimes.

In another video:

At 3:40 he talks about the idea that you can't lose your soul and that your higher self would never let it.

Then at 5:30 he mentions the karma life review stuff and then he says karma could be a big issue but that your personal beliefs about karma is more important which is all sound ideas so far.

But this is the expected juicy part:

At 15:39 he says "There is a lot of people that emailed me from Alan Watts camp saying; Matt you are of source and that you are divine, nobody tricked you to come here or highjacked reality..." then he says "COME ON! You are part of there ever was and ever will be and you found yourself, oh I am just stuck here for lifetimes, Saturn moon matrix etc. COME ON! If you think you are that divine do you think you'd fall for a stupid trick" and he goes on further to mock the Saturn Moon Matrix idea and then says "If the stakes were too high, you wouldn't have gone down to this place like the Alan Watts camp, which makes a lot of sense! You are not going to be fooled! it doesn't make sense, you are not just going to fall down to a bogus bullshit trick that was coordinated in some way by whatever represented over here by the elites"

And when it comes to all the beliefs he talked about in that video, I could see where he is coming from so I can give him leeway on that stuff but then on another video at [48:58 mark](#) Matt says:

"The only way to really get trapped here is to believe in this Saturn Matrix and all this nasty stuff is to do it to yourself, these elites don't have the power to trap you here, COME ON! If you believe they have that power and watch all those endless doom videos, (then that is the way to get trapped)"

While dismissing all of the data points indicating the soul trap as I've talked about before, like thousands of NDEs where %95+ didn't want to come back here, %30-50 were basically felt like they were forced to come back and %10-15 had hell-like experiences while %99.9 of those people clearly didn't know about the Saturn Matrix theory, being ready for the manipulations and getting ready for them should clearly be much better plan than totally ignoring it. If one doesn't know about the upcoming traps like all of the religious people, no wonder they would get easily mind-wiped again like all of us did before. Believing in our own power and remembering it and practicing it is what is all about which is what is being advocated in this book. Not sitting around and lowering our guards. For the anime fans, I advocate being like Vegeta from Dragon Ball Super.

In another video at the [28:22 minute mark](#), Matt says this;

"OK I think this is the most important point or part of this presentation, I don't have any experience here myself, I am just going to try to interoperate what I think the smartest people that at least resonate with me and what they would say or have had some sort of NDE or ADE experience you know a variety of different channels ranging from um you know hybrids of the Saturn moon matrix recycling or archonic beings trying to get people to go back into a body some of these presentations and channels are probably doing the bidding of the system and some are um aware of potential games and tricks like what's presented in this movie of many things that may happen so I'm just going to present a hybrid of my takeaways from all of them collectively and there aren't that many smart people saying these sorts of things but then anyway anyway if I say something that reminds you of a certain channel it's by coincidence this is just amalgamation of all their approaches"

Horrible advice and misinterpretations since he never mentions what people like Mark, Dan and Wayne Bush talk about when it comes to recommending for things to not come to a point where we are in a judgement area engaging with the parasites. Also, he is clearly the one himself who is doing the bidding of the system.

In another video at the [47:55](#) minute mark, he said;

"The reality at the highest level of the org chart, the screen working through its minions, it has to work extremely hard to keep this game up in its favor. It works overtime and with social media, it's in your face 24 7 365. It has to work extremely hard, it can never take a day off to keep its game up! Now that is incredibly good news seeing how hard it has to work. It means nobody has been lost or trapped or prison planet and NO it has to work too hard!"

I mean can you believe this guy?

And when he said "prison planet or Saturn moon recycling," he said it in an exaggerated manner as if these are bullshit theories, and even though he said something good when it comes to escaping the Matrix, he misrepresented the soul & reincarnation trap theory as if the theory says there is no escape which makes the soul trap theory less attractive to his viewers so I see this as a double backhand slap in a row. And he exaggerates massively by the "there's hundreds of ways to escape" comment as that undermines how planned & layered it is when it comes to getting the souls to reincarnate and he doesn't tell us any of the ways to escape of course.

Then he continues with this:

"All that stuff no matter what the creeps do, they're very limited, you can see that. It's like Shawshank where the warden comes forth, instead you know what Warden Norton, the first speech he says is 'You prisoners Andy Dufresne and everybody lining up next to him and you're standing there next Andy Dufresne, um we've provided you with a means of escape! This prison is constructed but with it with a from a cosmological spiritual sense that we can't control, we're going to try to do our best to lock it down but this prison itself we've provided you with the means of escape' Warden Norton says on your first day coming off the bus and reds placing bets on who's going to cry that night. Now is that a prison if by its very nature it's provided you with the means of escape and the analogy or the metaphor of Andy Dufresne had to crawl through a mile of shit and come out clean the other side that might be difficult this ain't easy what we're doing but we can climb through the shit too and we can come out clean on the other side right, It ain't no prison planet! Nobody's doomed or trapped and if you don't even believe in the specifics or the last part of what I presented, just look how hard it has to work."

Again, I feel like he continues to misrepresent the soul trap theory. And it doesn't work like how he said when it comes to Warden Norton saying to all the prisoners on the first day that they have provided them with the means of escape. We have to live and suffer through this earth until some part of adulthood where we discover and pay attention to conspiracy theories and swim through so many of them and avoid getting stuck in one of the hundreds of them to only come to the realization of the soul trap while avoiding all the traps that are set for people who wake up to soul trap (Matt being one of those traps) and just discovering the theory is even not enough for many to accept that it's happening and it's something they need to plan to avoid at the moment of death so he undermines the whole thing and I believe he is doing this so that his viewers don't look into it further so that they won't know about fake spirit guides, love bombing, life review via current and past life karma, fake dead relatives etc. He's always contradicting himself in his videos, oftentimes in the same video.

Another classic from Matt at [40:58 mark](#):

"People saying to me 'Matt we were trapped now.' I don't believe that either. 'Matt you're not talking about the most important part of this movie, cube, we're trapped in this reality system!' I don't believe that and I'm pretty sure I don't believe things simply to make myself feel better, I don't think that's the case but I examine my inner knowing and what my inner tuning fork tells me. I believe they would like it to evolve into the cube, I believe there's something here that's very dark that tries to pull as many reality buttons and levers as it can to kind of keep hijacking the reality. I think there are still rules for the dark creeps, I think there's still some sort of a contract basis if you will, some sort of parameters they must operate inside and if they break those parameters we all immediately win"

I think he undermines the traps that the matrix/AI purposefully do with this saying and when he says if they break some rules, we would immediately win which just sounds like hopium to me. Then he says this:

"And I think the more we say that the more you imagine that the more you say that with me I think then that just confirms that creeps were aware of the rules and oh we I've already considered I'm to be breaking them although I'm not sure because I haven't examined the fine print of the contract but it certainly seems that you've already broken them we so potentially we've already won but I don't know you know the creeps probably a little bit more familiar with the fine print of how they have to operate inside you know the darkness I've side the reality system that I've never seen the contract but they're pretty... it seems like you can just sniff it, it seems like they're pretty close if there are rules to breaking them um and um you know I don't... cube is a very dark you know where if you want to apply that um metaphor to reality itself it's very dark and i don't think we're nearly as trapped a this would present if cube is presenting reality itself, again the most innocent that had no mental comprehension of what was going on.... (He was the one who) got out! Just walked away from the cube... everybody else that screwed each other over fought with each other (didn't.) Now... so the one that had no chance of getting out, no mental, he didn't understand the numbers, didn't understand how to avoid the death traps, didn't understand how to get from one side to the cube the other, that guy got out and there's something being said there... so it certainly isn't impossible, so yeah, I think they're I think you know the reality hijackers are making it more difficult but um I don't think there'll ever be a situation we're completely trapped, I think they want you to think that because if you believe that you'll manifest that on yourself. I do I believe that that you know they certainly want you know..."

I agree with him when it comes to escape being not hard & impossible but I believe that clearly comes with knowing the traps and I think he severely undermined the traps and the elaborate system that goes behind this realm to trap souls and to keep reincarnating them here. Now that we have the context, this is the annoying stuff that he says right after saying the above statement:

"I don't watch David Icke anymore and I know you guys are going to say 'Matt you gonna mention David Icke Saturn Moon Matrix again?' yeah well he's the first one that, you know I was listening to David Icke five-six years ago saying 'Oh this must be the highest level of truth!' and I don't really umm I'm not sure anybody can truly be working for us and fill Wembley Stadium okay. I'm not sure that goes hand in hand... So, seven-eight years ago I'm watching Alex Jones every day thinking that's the highest level of truth, then you just graduate out of the forums and you get to David Icke and then you say 'This must be the truth!' talking about concepts I never heard before about 'Saturn moon matrix recycling system' and you know obviously we've gone far beyond that"

It seemed to me from his mannerism in the video that he was trying to tie the soul trap topic fully to David Icke to basically make his subscribers undermine the "theory", and then he has the audacity to say he has advanced way beyond the soul trap stuff, as if it's like an elementary truth, instead of it being basically the ultimate truth that explains everything that's happening perfectly compared to any other theory. Along with us being immensely powerful godly creative beings who can astral project etc. Then Matt says this right after:

"But if anybody is out there whether they're working for whoever (as a skill) or they're completely trying the best they can, I think if they're telling people that there's a recycling system and they're trapped, I think the system would love that and they would take that person to the top. I

think if I started saying a bunch of negative horrible negative things saying we're all trapped and screwed and this and that and just kind of putting it into the guise of presenting truth, I think all the sub numbers would start going up and the system would take me to the top just like it takes spike lee to the top"

Based on everything he has said 5 minutes before this point when he said 'trapped', he meant it as fully trapped without a way to escape and in that sense, of course I too don't believe in that but when he said that the system would take such a person to the top sounds silly to me because I fail to see people who are in the top who say we are in a soul trap matrix and that we can never get out which is not something David Icke is saying.

Then he starts to defend himself and says that he can't possibly be a shill:

"And guys saying to me 'Well you have 80 000 subscribers Matt, once you got over 50 000 you said yourself to be skeptical of anybody over 50 000!' Look I'll tell you, I just got the email from Google; 350 subscribers this month on 80 000 and something like millions of minutes watched, maybe that was the annual number, I don't know but the report was like; it's millions of this and hundreds of thousands of this and only 300 and some new subscribers and you're telling that's not in a box? That's something the system wants to promote? 300? Just by people reaching for their coffee and leaning on their keyboard the amount of people here like hitting a button by mistake and emailing aunt Ginny Matt's video just people spilling the coffee on their keyboard should propagate to more than 300 and some subscribers a month on an 80 000 base. 'Well Matt you're trying to make that as a case is to prove that your message is not being promoted but nevertheless you're at eighty thousand' Okay... There's still rules in this matrix, you know I've been at this, if you go back to the texas shrugged book channel where ninety percent of it was breaking down fake bang bang events as a russian vids disciple, not that, I never knew or corresponded with russian visit, just that russian vids was one of the original channels that I watched which there was a lot of truth that came out, no doubt about it."

"Russian vids played a role in my truth development. I don't know what russian vids is up to now but I thank him for what he did for me and others, I watched I don't know maybe seven eight years ago, to me that was it was the biggest channel on youtube for this type of thing and you know I would just getting involved in this, I would tune in Russian vids, I'd say 'Surely this isn't fake! He's gonna say this is fake? Whattttt!' and then after you watch like for a month or two it's like these are all fake, he's right! Whattttt! What the hell is going on here! Then it starts and then you jump naked into the cold water and start your own journey for truth so um why was I talking about this? Oh I guess ultimately I was saying the role of different people and my subscriber number... so there are still rules here, there are rules to this matrix, to this life and I've been at this a long time. 'Well Matt why haven't they just booted you off if you're helping you and us collectively get close to the truth?' I don't know. I don't know okay... Um I have seen when I've gotten way off track, like talking about the starving artists in North tower, how that video, the system loved it and took it to 250 000 views... I don't know, I mean I'm not promoted 300 and some subscribers tells you I'm in a box but it is true..."

"How did the system allow me to even get here... because the only answer I have to that is um there are rules here there are rules and I kind of sense what they are and um I try to at least using these types of platforms I stay within the confines of the rules and I truly believe if they break the rules or whatever the creeps are contractually um bound or they are constrained in some way um then we win, I do believe that and I've said that many times um and if something happens, you know we're ready to go to that anyway as the primary platform free voice dot io I

mean who's going to keep talking over here in code like a bun, I feel like an idiot, I can't even speak normally over here."

So, we've heard it from him, Matt is not a shill at all, confirmed %100 just like that! :) I mean again who knows if he is or not and we can only make our minds up on this from observing the evidence relating to it but at the end, nobody can confirm that with %100. I'd say he is %100 being an unknowing gatekeeper for the system though. It's also important to be vary of the hints and red flags and that not trusting anyone fully is an important practice to do in this life which is why this chapter exists. There aren't enough people who are considering how there are shills, gatekeepers, agents and NPCs out there who are knowingly or unknowingly doing the system's bidding and I'd like to change that.

And this is from another video at the 18:30 mark:

"When they make people get to point a to point b, then they don't know who they are. If they ever get to point b they have no chance of knowing who they are, they have no chance of getting in touch with their spiritual side, no chance of ever believing they're more than this incarnation and existence, no chance of maybe getting out of a recycling trap of spirit soul returning to body or avatar time after time if that's what you believe"

Yeah, as if it's just a belief that may or may not happen instead of it having countless proof behind it for it being happening.

He was saying jabs definitely won't be the end all be all so it's not a big deal for him and then he started talking about chips and said this:

"not having to pull out your credit card to buy a pepsi that is just a reason to get a chip under the arm (for many people) but people already have it. They have it now to get into their work in silicon valley. It already exists so that isn't the end-all be-all it's an incremental step and the brain chip itself is that will that be the end-all be-all? I don't know I mean they're not you know that it's not just uh you know" 27:35

So according to Matt, a regular chip probably won't be the end-all-be-all for people and even getting a brain chip from Elon Musk would not be an end-all-be-all for people. To me, that's basically saying, not a big deal guys, all good :S I mean, after all, we don't know that for sure. At the very least, these chips could put spirits into a bigger maze to get out from.

He is more so talking about if the elites will keep one up the things they'll force on to us but in the meanwhile, making jabs and chips seem like they are not too big of a deal to get is not healthy, although I understand where he is coming from when it comes to us being immortal. However, not consenting to those things I believe is an important step out of this matrix and consenting to things like jabs and chips would most likely create more attachments to this system. He said if you get them you just need to work harder to go back to point A from point B that they want you at which is true but I think a strong warning would be more appreciated here rather than what he is doing.

In another video at [22:36 mark](#), Matt says:

"People talk about like 'we need to escape' or whatever 'this may be a trap' and all these CRAZY theories." and then he continues to take a dump on the soul trap more but I can't be bothered to type it all out at this point.

As far as I can see, his entire channel is devoted to sending you round and round. It's just round and round until your head falls off. At that point, once that is realized, he loses major value. For me, the only thing I'd watch on his channel would be his movie reviews but other than that it's all but certain to be a bore-fest. As far as I can see, he may be getting paid to f with our heads too and if that's true, then he doesn't deserve an ounce of respect from us. I think he knows what he is doing and doesn't give a shit meanwhile he flashes all the clues at us but gains our trust along the way in an effort for us to overlook them.

Update: It's been a few months since I watched any videos from Matt. When I was uploading this book on some related subreddits, I saw someone on [Reddit share this recent video](#) of Matt and in the video, he is acting like he is having a conversation with the "earth's guide" where his other character calls him "master" and he scripted the guide to say:

"There are guides on earth but most of these guides are false. It would seem like there are thousands of others offering their hand to you in console but which ones to choose which one to follow which one to be wary of? Most guides on earth will play the role of your spiritual advisory."

These are clearly just more mind games by Matt making people think there are good guides out there to follow which is an extremely dangerous idea to believe in as I mentioned previously in the earlier chapters. Then later on in the video, the supposed guide mentions how there are demon entities in the world and Matt talks about how humans are experiments and how earth is a life trial for lessons. He then goes on about how guides play a role for us and he basically talks about other AI hive mind tricks & mind games which are just not healthy to pay attention to and believe in as talked about throughout this book. Matt is all about misdirections, distractions and looping destructive ideas as you can see once again. I am just glad that I haven't wasted my time watching the videos he posted in the last few months and that I won't waste my time watching the videos he'll make in the future, unless to check his movie reviews.

Now Matt could very well be a real spirit who is just delusional and illogical about the soul trap topic but there is a lot there to indicate that he could also be a paid agent/shill/gatekeeper or he could even be a well-functioning NPC, who knows. The points I made in this chapter still remains so I wouldn't recommend anyone to waste their time with his channel and I'd suggest for anyone to check out the YouTubers I'll recommend near the end of this book.

As you could see from this chapter, I believe there was enough out there to bring Matt's intentions into question as I am sure many others would agree as well but apologies to Matt if he is being completely genuine with his thoughts and that he is just one of us but that he got lost in the sauce like so many others. I believe it's still good to pay attention to the type of red flags I mentioned in this chapter when it comes to other YouTubers and I hope this chapter will help with that.

When it comes to **THE BEST** video ever made on helping people detect the disinformation agents and shills, I'd **HIGHLY** recommend checking out [this video](#) by Mark from Forever Conscious Research Channel as he did an amazing job in that video. I'd also like to share the description of his video below as it's a good read before watching the video:

"This is the 2021 New & Improved Version of How to Detect Disinformation Agents, Shills, & "Spiritual" Parasites in the so called "T(ru)th Community" here on YouTube as well as the internet in general. Social Media platforms are infested with these things trying to pawn themselves off as a human but they lack key human traits like empathy, love and compassion. The NPC mutants involved in these operations that we will be discussing today are perfectly content with living a life of deception and greed while simultaneously praying on the vulnerable who are just trying to find some semblance of understanding in the world and more than likely progress in life spiritually.

Some of these NPC mutants are paid, some don't even realize they are doing it, and others are cornered into doing it. We will get into the litany of the red flags to be on the lookout for, and trust me there are many but with this formula I'm showing today you should be able to weed out these mutants out much easier. Finding truthful, reliable, and spiritually driven information that holds value for one's life is hard enough in and of itself, let alone trying to make sense of what the heck is going on here in this freak show of a Matrix we live in. Unfortunately, a big part of this involves dodging the mutants. I'm not looking to stir up the NPC mutant hornets' nest headquarters too much so I won't be name dropping anyone off of my massive list. So, rest assured your silly shilly names are safe but your pathetic tactics are not :)

I've seen & been through it all both on and offline trying to weave through the endless land mines of disinformation... So, if I could help save somebody even 1/100th of some of the aggravation that I experienced that would put smile on my face. If any of you have anything to add to the list of red flags that I might have missed or if you would like to leave a comment telling us all about some of your experiences dodging the mutants that would be great. I wish you all nothing but the best on your journey." - Mark

Finally, I need to point out that for anyone who reads the chapter, it should be evident that my main intention is not to slander Matt or ever claiming that he %100 must be a shill. I stress that he could be delusional about the soul trap which is what I believe and part of the reason I wrote this whole chapter is in hopes that Matt would one day see it and reflect on his beliefs and hopefully realize how potentially dangerous some of his beliefs are.

I actually did the same thing before with Howdie Mickoski where I told him on the numerous email exchanges I had with him, that his interview with Robert Phoenix where [Howdie said he is only at %75](#) when it comes to reincarnation soul trap being real did not sit well with me considering 20+ different data points we have on soul trap being real. So, I mentioned to him that in my documents I let everyone know how I feel about his beliefs and I sent Howdie all the info I had on soul trap.

He then told me he is in his research period and that he'll take the time to check out the things I sent him. Then after a month of him investigating the sources I sent to him, he wrote me an email thanking me for the info I shared with him and he told me **"Needless to say, the book, and the rest of any videos I make going forward are going to take a very different tone from now on. Your help here has been appreciated."** and he asked for my help on the feedback for his new book. Then after he finished the first few chapters of his book, I gave him feedback on those and I also sent them to two of my friends who were willing to give him feedback as well and we all gave him nice feedback. Alongside with my friends, I can confirm that his book [Exit the Cave](#) is an excellent book that I'd recommend anyone to read. I consider Howdie as one of the best philosophers of our time!

The point I am trying to get at is that Howdie's reflection and upgrading in his views is the kind of response I would love to see from Matt on my end as I'd always like to give everyone many chances and I'd hate to claim and call any real spirit a gatekeeper but I believe it's true that many of the real spirits here are also being used as unknowing gatekeepers and processors of the matrix system.

What About Eric Dubay and David Icke? Are They Gatekeepers Too Then?

It's honestly tough to claim anyone is %100 a knowing gatekeeper (and/or un reincarnated unspirited being). I've mentioned how I don't really trust much to Youtubers who has over 50k subs. Well the only guy that makes my subscriber&view or fame amount to gatekeeper ratio scale to be in question for me is Mr. Eric Dubay himself. It's easy to see how it would be hard for any truth seeker to trust anyone with the level of fame that he has, especially since he played a big role in making one of the biggest distraction topics in the world very famous. After all, who cares about the shape of the earth if it's all a simulation/hologram anyway but of course, at the same time, I realize the importance of this whole debate and how it made a lot of people realize that we live in a prison-based system.

Eric's [video reply](#) to the "Eric Dubay Exposed" video was a great video as well but once again, I feel like our place is very similar to the Metaverse and I don't think Mark Zuckerberg/demiurge/AI of this place would potentially allow anyone to get as famous as Eric Dubay if he wasn't playing into matrix's cards and I believe that's exactly what he was doing since I'd consider flat earth theory a massive distraction topic.

Having said that, what Eric Dubay openly said in [his talk](#) regarding the soul trap initially puzzled me a lot due to his precise explanations of the soul trap without wrapping it with tricks&traps like other knowing or unknowing gatekeepers or delusional people do.

In that video, Eric exposed the soul trap brilliantly while also shouting out Mark, Wayne Bush and Dan at the beginning of his video. Although after he had the soul trap talk which is the most important truth of our realm, he went right back to the flat earth distraction drama show but I know that he is now more into the soul trap topic where he'd like to talk to others in the community about it which means that the soul trap community will grow even more if that happens and that would be a great thing.

Also, now that I go back to watching career-related videos where I see that the older web dev channels that I was watching from 3 years ago who only had a few thousand subscribers or less, now all of a sudden have around 100k subs, and one of them even actually went viral and have 500k subs which make me think differently about things a bit.

I now started to realize that the system uses many people including real spirits in different ways like it used Eric Dubay with his flat earth stuff, if he is not a knowing gatekeeper that is but I don't really believe he is one.

When it comes to David Icke, it would be a shocking plot twist to learn if Icke turned out to be not a gatekeeper which is basically an impossibility to me at this point, especially now that I saw his new book on soul trap had no useful information in it and that he is trying to trick people with the 5D trap, but who knows, even he could be an unknowing gatekeeper that's being used by the system. Basically, everything is on the table in this place.

I don't think many people in our community are ready for the truth of David Icke being an agent of the system though due to a lot of people waking up to soul trap because of David Icke but I

believe he is just a (knowing or unknowing) tool in the controlled release of the %95 truth and %5 lies that get people at the end so I personally believe that Icke is a knowing shill but again, I could be wrong and I am open to being wrong. Having said that, people who believe Icke is not a gatekeeper may as well believe Alex Jones is not a gatekeeper and that Fox News is not a gatekeeping news organization like the other News organizations.

Once again, the way I see this whole thing is that when in the future if people get stuck in Mark Zuckerberg's Metaverse with a mind wipe and then they start to see famous conspiracy people and famous conspiracy book writers inside his Metaverse, should those people really believe that those famous people are genuine people and that Mark Zuckerberg would allow them to have a huge following and reach if they were exposing Metaverse in the best ways possible?

David Icke is just one of those famous people who supposedly gets cancelled by the same system that made him famous which then I think in a way made Icke's reach even bigger which is evident by the record-breaking interviews he did with London Real. Along with mockery, and watering down the truth, I think Icke's whole thing is just a big "I (kinda) told you so" from the matrix system along with the rest of the truths hidden in plain sight that we see from the system.

As mentioned before, I think that this system that we are in potentially comes with Terms of Services like the Metaverse, and that one of these terms is to perhaps hide the truth in plain sight. We know from NDEs and pre-birth memories that people agree on life scripts and the matrix delivers them at the agreed-upon time on a golden platter. Now by using that rule, could it be that people like Eric Dubay agreed on "the mission" to save the souls from this earth and because of this the matrix would have to abide by the deal it made with people like Eric to allow him to have the fame that he had? Perhaps the system made him famous because it knew that Eric was exposing the flat earth theory in the best ways possible where he was used for an unknowing gatekeeper of the system until he broke out of his script and discovered soul trap.

Perhaps we are missing many important information that should go along with the soul trap theory and that what Eric said about soul trap only scratches the surface and that his info would not be nowhere enough for people to escape here. Well if that's the case which I don't believe that's the case since he promoted the best people in the soul trap community that exposes the soul trap, he still brought a lot of people into the community like my friend Pouya whom I had amazing chats with and have learned from. With this book, I intend to find and clear out all of the potential traps from our minds and better prepare myself and everyone else in overcoming the deceptions of the system here and in the afterlife.

I am sure Eric would understand why many people may think he may be a gatekeeper due to his fame and if he is not one, then I am sure he wouldn't mind my way of thinking about him. I just think that these things are important to talk about and I don't see many people talking about this stuff in our community so I thought I'd be the one to bring them up even though Eric is a [fellow vegan](#) who talks about it to his followers which I appreciate him for but I'd like to keep everything %100 honest and open.

Also, please note that even though I talk about some people being potential knowing or unknowing gatekeepers, I still don't like the strong tribalism that some people show in our community when it comes to their claims of calling a lot of people knowing shills just because that person hasn't caught up with them on some matters or that they believe differently than them. I think this has to stop and that we should all be more open minded about these issues. On this topic, I would say that [this specific video](#) is a must-watch.

If anybody has seen my [talk with Alison](#) from the Net Void gematria channel before, it should be apparent from the drama and inner fighting that was happening in the live chat of it that, just like it is happening in the flat earth community, Tartaria community & mud floods/resets community, "what about all of the giants that clearly lived before" community, Mandela Effect community, transvestigation community, celebrities wearing masks and playing multiple different celebrity roles community, the clones & robots & NPCs are everywhere community etc. the same thing is happening in the Gematria community where they all end up turning into drama communities. They all eventually start to fight with each other and call their fellow truthers and educators & leaders in the community shills and gatekeepers while getting stuck in mostly meaningless nonsense and not exposing & exploring anything really valuable to truly wake people up to important truths that will guide them in long term instead of just this temporary life and even in that they don't give any valuable solutions and action plans to people.

Respectfully, as mentioned in my talk with Alison, I believe most of the gematria community also doesn't realize how much carefully designed deceptions and manipulations are happening in the background from the system to divide & separate truthers while making them pit and fight against each other to make the system's job easier. Our physical shells come with a lot of basically "hijackable" issues like how it gets affected by frequencies due to most of our bodies being water and then who knows the full effects of chemicals in water and foods, WiFi/5G/high radiation, LED bulbs, cell phone towers, as well as TV & radio hypnosis, intrusive thoughts & other manipulations and natural paranoia that comes with investigating conspiracies, manipulated (system/AI/demiurge) synchronicities, the ego etc. It is not easy for the truthers to remain "clean" and fully logical. I believe these system attacks and manipulations are done to muddy the waters and get everyone stuck and lost in the sauce of thinking they all got the better version of the truth while most of them are fully lost in the sauce and are stuck on mostly distraction topics that are nowhere near as important as what the soul trap community is exposing.

Watching [the previous live stream](#) of Alison that happened before our live stream was really a sad sight for me to see due to everything I mentioned. It's my bold claim that at most a few years from now, if people actually investigate the things I am talking about even just once a month, then eventually, a lot of people in the Gematria community or any other truther communities will better understand my perspective that I presented in the live stream I did with Alison, and in this e-book. This is why I hope that people will find the time and interest to do the necessary research like Alison did without judging and labelling all of it and ignoring it while thinking gematria will always be the last stop of truth-seeking. I also believe most will realize why I called most of the people in the other truther communities I mentioned "unknowing gatekeepers" of the system due to keeping people's focus mostly within the Metaverse/Universe or within nonsense dangerous religious beliefs or New Ager beliefs like "real" spirit guides, "real" source god, "we are all one", "the earth is a school for our evolution" etc.

As mentioned before, to understand if a community is mostly a distraction community, all one needs to realize is that if %99 of the people in that community don't know about the deceptions that are taking place outside of the inner earth system (like dreaming "planes", astral "planes", after"life"), them being more than their physical bodies and how they are in reality a very powerful creative being who can move their consciousness away from their body in deep meditation or while sleeping and improve their senses, consciousness and lucidity by a lot even while being here etc. Then those people are currently dealing with a massive distraction topic, period, no ifs and buts about it. In the case of gematria, however, if one is acknowledging the

things open-minded smart gematria decoders like [Decode The Matrix](#) is sharing, then the gematria topic no longer becomes a distraction topic of course.

As I mentioned in the video with Alison, we can't get stuck anywhere though including the soul trap knowledge and we should always seek to advance beyond everything and come up with better action plans and solutions which is what I believe my e-book is all about. Having said that, I had the chance to fully check out the live chat of the stream I did with Alison and as I said in the video, I was excited to see fellow vegan Zachary K. Hubbard, the founder & leader & main educator of the Youtube gematria community because I've credited his gematria work earlier in this e-book as I've learned so much good information from him.

Having said that, below I'd like to include the respond I wrote to two of **@Gematria Effect News 25 (Zachary K Hubbard)**'s comments below where I couldn't see those two comments at the time while paying attention to the live stream I was doing with Alison and as the leader of the gematria community, I want to convince Zach the most so that the truth that I am sharing can eventually reach to way more people.

"No action? There's been A LOT of action. We just need more people to get on board." - Zach

I am not sure if you (Zack) were responding to someone else with this as I never said there isn't enough action happening in the gematria community specifically since of course there has been definitely TONS of action from you compared to anyone else especially when it comes to exposing gematria and the deceptions that have been happening in this place and more than anyone I appreciate all the work you've done. I think that your work should always be acknowledged and credited like I've done in the e-book and your dedication to waking people up is just out of this world. This is why I will never get lost in the paranoid paths of disrespecting any truther or educator and calling them a %100 shill as if it's a fact since nobody can know that and especially when it comes to you, I've seen like 50 videos by this point that claimed that you are a shill, and I don't honestly see how the accusations make much sense (the trans thing especially is just too laughable) considering all the tireless and unconditional help & education you've given to people and how dedicated you are.

I can't blame you for thinking those people who attack you are paid agents and at the end of the day, I believe they are actually being unknowing agents/puppets of the "divide & conquer" system but I don't think most of not all of them are actually paid shills & agents themselves as well even though some of them seem to be doing way better job than a paid agent would do. I think we should realize that conspiracies attract a lot of paranoia and paranoid people, and considering many of the other things I mentioned and plus how tribalism is a huge thing in truther circles, so considering everything that this system does on the background via everything I mentioned before, it's normal that a lot of people would eventually go for that next thing and start looking for deeper truths and then get trapped and stuck in manipulations where they think they are doing the right thing by trying to expose you while not realizing how deep they got lost in the sauce of it all. Having said that, I don't deny the fact that there are shills and gatekeepers out there as exposed in my e-book but I think that most truthers and their followers end up being "unknowing" gatekeepers of the system. I can do a whole 2-hour presentation on everything I am saying here as I have plenty to say on all of it but I want to talk about what you said regarding action and how we need more people to get on board:

Yes, we need more people but I don't really think we'll ever get a significant amount of people on board due to the diabolical system we are dealing with that won't really allow that but I do hope that I am wrong in this issue even though all the evidence shows otherwise. I also believe that as it will be evident after reading my e-book, Howdie Mickoski's Exit The Cave book, checking out Wayne Bush's website or watching the series he did with Mark from Forever Conscious Research Channel etc. gematria is not the end all be all of the big picture and waking people up just to gematria is nowhere near enough to wake them up to the big picture. This is why my message behind the type of action I am speaking is way different, but the kind of street action and otherwise that you do is BRILLIANT and much appreciated so what I am basically talking about is a combination of both of our action plans exposing everything, not just gematria behind the inner world news, politics and drama shows.

So please brother when you get the time for it, just like I looked into your books and got massively educated on gematria, please look into my e-book when you can and try to hear the things I am talking about with an open mind. If it doesn't make sense to you in the end, then that's fine but I have a feeling at least a few years from now when nothing is probably changing in the good direction (hopefully not of course), then I think you'll eventually resonate with the information I am sharing more and more but time will tell. I am just happy that I am able to share my findings with people like you, Alison and other dedicated amazing truthers out there.

"This guy is also promoting the feds "drugs are bad" agenda. All things have a purpose, including drugs." - Zach

This is another reason why I shared the e-book unconditionally and I want people to read it one day (or look into the sources I've shared) because not only did so much research and work go into it, but without looking into it, people are bound to misunderstand or misjudge me on different areas. For example, I never really promoted the "drugs are bad" agenda the way you are thinking about it and this is why the title of the chapter was "The Dangers of Psychedelics Pertaining to Reincarnation Soul Trap", Pertaining to Reincarnation Soul Trap being the most important part of it. You'll get what I am saying about it if you read the chapter and I already mentioned what I meant by it in my talk with Alison too but I understand you were distracted by the toxic paranoid people in the live chat.

Below is a paragraph from that chapter:

"Just so it's clear, I am not saying nobody should ever do psychedelics, all I am saying is that your intentions play a big role in your experiences and that you should be wiser about the potential manipulations from the system, especially on higher doses. Clearly, psychedelics got a lot of proven healing benefits to them. They help with people's awakenings, conquering fears, and getting relaxed. They help people spiritually and they help people who struggle with depression, anxiety, PTSD, eating disorders etc. It's a medicine, but if you are always after the "downloads" then don't sleep on the fact that some of the seeders are coming from the matrix. This is just a public announcement for the soul trap community intending to help them not fall for the potential traps of the system."

Also, I may've even consumed more edibles than you as well, or at least the amounts of it at a time since I'd consume 400mg in one day from time to time as I mentioned in the weed section of the e-book. I am also big on shrooms and I'd like to try out DMT in the future as well. So again, in order to understand where I am coming from with everything, please check out the e-book when you can before potentially making up your mind on it.

Anyhow, I am hoping that in the future a lot of people in the gematria community will be like Alison where they recognize the truth when they see it and they are open-minded and fearless enough to investigate the truth wherever it leads them. Thank you so much once again Alison for everything that you do. Cheers!

To expand on what I have already mentioned regarding the paranoia among people in truther circles, another issue is that you would be surprised by the number of your so-called online friends and trusted acquaintances who are actually plotting against you behind your back in various online truther communities. I have witnessed this happening to many people within these communities.

Content creators who focus on drama often attract significant attention in every community, and this holds true in truther circles as well. People are quick to label others as shills or masons simply because they hold one or a few differing opinions. Most individuals in the soul trap community are on the same journey of awakening themselves and others to the deceptions while trying to find the best exit strategy and assisting others in doing the same. I believe that having diverse opinions, engaging in respectful debates, and holding conversations is the best way for us to grow. However, if people start accusing each other of being shills or NPCs due to minor disagreements, it stifles the potential for engaging in respectful debates, presenting arguments, and strengthening each other's opinions and knowledge.

Just having different opinions on some issues shouldn't then justify people to throw each other under the bus but that's the kind of tribal system we got going in these truther circles. These people think; "Oh you don't see exactly like me on these one or two issues and you only had a few thousand subscribers before but after putting out so much content trying to wake others up and eventually reaching to 10k subs, 20k subs, 30k subs etc. then all of a sudden you must be a shill because these are the magic number for us to lose our minds!" it's just madness out here!

I saw people who accuse other soul trap content creators as being shills, creeps, demons and masons for simple natural hand movements and that's where I'd draw a line and say that, nobody can't be sure %100 if someone is a shill or not. Since this is just a simple fact, then accusing others like that, even if it's out of anger, is not cool. This is the kind of paranoid people the truther communities are filled with though. The bad part is that when those paranoid content creators makes those kinds of accusatory videos, this hurts the whole movement because they create a cesspool of paranoid people who eventually turn against everybody in the community, even to the very same creator who is making those accusations. I've seen this happen in other communities and I am %100 sure this will happen in the soul trap community as well.

We should understand that our physical bodies come with many regular and easily "hijackable" issues, such as how they are affected by frequencies due to the high water content in our bodies. Additionally, the full effects of chemicals in water and food, Wi-Fi/5G/high radiation, LED bulbs, cell phone towers, as well as TV and radio hypnosis, intrusive thoughts, other manipulations, and the natural paranoia that accompanies investigating conspiracies remain unknown. There are also manipulated (system/AI/demiurge) synchronicities and ego-driven factors that put people in "awake" competitions.

Of course, after becoming accustomed to diving from one rabbit hole to the next and constantly seeking new discoveries, it is not surprising that some individuals, upon discovering the final rabbit hole that leads them to the most important truths, continue searching for the next deeper revelation. They may even want to eventually oppose the very person who exposed them to these crucial truths.

Adding the factors such as jealousy and envy, I believe that many of these paranoid content creators unwittingly become gatekeepers and puppets for the system. They do not realize or care about the extent to which they are harming the communities they belong to.

It is unfortunate that we are programmed to be drawn to drama, and that there are not enough content creators or people discussing important truths. With an increasing number of people wanting to learn more about these truths, they naturally gravitate toward anyone who continues to address these issues, even if those individuals spread paranoid and delusional ideas, which in turn affect everyone, including themselves. At this point, I am left wondering why I should even try my best and bother anymore if I, along with all other content creators, will get shit on for simply doing our best to share the knowledge we have acquired to the best of our abilities. Sure, not everybody is at the same level and I too disagree with a lot of the soul trap Youtubers but I feel like there are better ways of disagreeing with each other that doesn't create further division and chaos in the community. It is no wonder that all the online communities eventually become filled with drama and are divided into tiny fragments, sponsored by the matrix, of course.

This is why I never plan on becoming a YouTuber. Instead, I aim to eventually revise and publish this entire book to awaken as many people as possible to the topics discussed within. However, once I complete the total revamping of this book, it will look nothing like the current version. I will ensure that even a grandmother who reads it from beginning to end won't be able to deny the important points I've discussed in this book. I know I am capable of accomplishing this, and hopefully, in a few years' time, I will achieve it.

Under normal circumstances, if I had a few months of free time to focus solely on the book, I could revamp, professionally edit, and complete the entire thing, resulting in 500 meticulously crafted pages explaining everything in a manner that everyone understands clearly. They would be blindsided by the logic, truth, and evidence presented in the book. Unfortunately, my matrix duties consume most of my time and energy, so this version of the book is the best I can do for now.

What About the Law of One?

The Law of One contains information that was said to be channeled by the Egyptian God RA who is associated with the sun-the light. Anybody who knows about anything regarding the matrix reincarnation soul trap theory and anything about breaking the loop of our reincarnations knows that channeled information [along with spirit guides](#) is the #1 thing one should avoid like the plague if they don't want to get mind-wiped again via reincarnation.

The Bible and The Law of One both speak about "the harvest" where in The Law of One, the ones controlling the harvest is the council in Saturn of the 8th dimension. A depiction of "the harvest" in the law of one highly resembles the white light at the end of the tunnel reincarnation trap that is exposed heavily by Wayne Bush on his website trickedbythelight.com Also the r/TheSaturnTimeCube subreddit has good information on the Saturn aspect of things as well.

To many, it's now clear that this whole place that we live in is all about making us have limiting beliefs like us being only physical beings or powerless beings and at the same time, it's all about creating very carefully structured characters such as angels, aliens, reptilians, greys, incubus, succubus, astral spiders, machine elves, boogy man, archons, Arcturians, shadow beings, gods, goddesses, Lyrans, Pledians, mother Gaia, Galactic Federation of Light, ("real") spirit guides, ("real") source god, Mahdi, Jesus, Ra etc. and many believe that basically all of these beings are just shapeshifting NPC AI bots of our matrix system that is like Metaverse in its nature. I've talked more about this on here, and [this](#) is a good video on the subject and [this one](#) is an amazing article on this subject.

The same thing is completely true for RA and The Law of One as these ideas are also surely coming from the AI hive mind. While creating these different entity & god characters to eventually trap the person, this whole system seems to be also about creating different stories like religions, sinning, karma, synchronicities/"angel" numbers, ascension symptoms and other saviour programs or whatever story & character the person is going to buy into to believe that there are supposedly more powerful beings than them out there that they need to listen to, just as long as the person buys into one or fears one.

And most importantly for the system, the person will look to external sources to guide them and to save themselves instead of going within and looking at the internal limitless source. However, by us finding ourselves in this hellish realm with a mind-wipe, we know that given the right circumstances and tools, our internal source at many stages could be tricked and I'd argue that many people are also being tricked via psychedelic experiences which I've talked about [here](#), as well as on the astral planes by AI bot entities and many people are also being tricked by things like The Law of One due to not knowing about the nature of this realm and how it's all about trying to trick people to pull off that final mind-wipe plot twist trick at the ending credits.

The new age highly pushes positivity and "love and light" which is highly affected by The Law of One. I believe that this hellish place that we live in has too many shills & gatekeepers who are guarding the final doors that lead to the truth of it all. If you were to imagine that your consciousness got trapped inside Mark Zuckerberg's Metaverse with a mind-wipe and you start seeing famous book writers and YouTubers inside Mark's Metaverse, do you really then think that those people are regular people like you and me who are seeking the truth and that Mark

Zuckerberg would allow those people to get a lot of views and have a big following if they were sharing messages that go against the system? I beg to differ.

I know it's out there but I believe that people like Aaron Abke who push The Law of One are the final shills/gatekeepers of the kinda Metaverse like universe matrix system we live in and I believe that Aaron would've never gotten near 200k subscribers if he wasn't pushing system generated messages that are filled with traps and tricks that are set to convince people to reincarnate here again. On my end, I can't really trust anyone who has more than 50k subscribers at this stage "in the game" let alone 200k subscribers.

I believe Aaron Abke and so many others (Joe Dispenza, Eckhart Tolle, Dolores Cannon, Sadh Guru etc.) are deceiving more and more people to accept our prison and praise the beings who make us prisoners. The Law of One is not a law and that the inorganic beings (parasites=jinns, archons, chitahuri, annunaki etc. all the same = AI hive mind) who built the pyramids, are the same parasites controlling this reality and created The Law of One. The Law of One somehow tries to sickly create the idea 'that 'everything is one' with A LOT of contradictions and nonsense of ascension and improvement and it's highly dualistic. I don't respect the one who created this realm on my end. The AI hive mind system wants you to accept that you belong to that ONE consciousness, that you are its creature and you must go back to IT. This is the mistake Eleanor did in the show The Good Place as I've explained [in this Reddit post](#).

Just as in so many religions that preach: they say that we came from that one and will return to that one, like the verse says: "Indeed we belong to Allah, and indeed to Him we will return." (Al-Baqarah 2:156) and if one reads Quran thoroughly, and The Law of One, they are talking about the same parasitic god. I on my end, do not belong to **ANY** creator. I am a sovereign eternal Prime Creator, always was and always will, and no one, no being, no consciousness is above me and cannot tell me what to do as I am under no law. These are my personal beliefs of course and I believe that this position is the safest position to take in order to break the loop of our reincarnations.

It's also interesting that the title that was chosen to be: The LAW of ONE. Like it should have some authority over us. Plus, I can't help but notice, that the 'we are all one consciousness' idea, is a very handy philosophy **if** you are the controller. If you are steering the ship, of course you would want your slaves to believe that! The New Age works like the previous religions did, only with less detail and more toxic positivity and I for one won't fall any more tricks and traps anymore that are coming from this toxic system.

The Contradictions with The Law of One (Written by a friend of mine on Discord by the name Rinn)

The law of one is ironically highly dualistic.

It says that it blinks neither at the dark or the light.

"The Law of One blinks neither at the light nor the darkness, "

Yet after each session the RA says:

"I am Ra. I leave you in the love and the light of the one infinite Creator. Go forth, therefore, rejoicing in the power and the peace of the one Creator.

Adonai."

He is highly pushing the Love/Light narrative.

Also "Adonai" is another name for Yahweh.

"Questioner: Was Yahweh then of the Confederation?

Ra: I am Ra. Yahweh was of the Confederation but was mistaken in its attempts to aid."

Yahweh, the jealous, angry, a deity who seeks for war, and blood and wars is part of that Confederation.

But, they also state:

"Ra: I am Ra. The fifth density is the density of light or wisdom. The so-called negative service-to-self entity in this density is at a high level of awareness and wisdom and has ceased activity except by thought. The fifth density negative is extraordinarily compacted and separated from all else."

So, you can "ASCEND" but still be dualistic, so what's the point of that "ascension"?

"Questioner: How did the Confederation send this love and light? What did they do?

Ra: I am Ra. There dwell within the Confederation planetary entities who from their planetary spheres do nothing but send love and light as pure streamings to those who call. This is not in the form of conceptual thought but of pure and undifferentiated love."

So, the confederation sends only "love and light" yet the dualistic god Yahweh, the creator of both good and evil is part of that Confederation.

In the opening of the book, there is a requirement for the channelers to open John 1 In the bible, because:

RA, Session No. 2, January 20,1981: "Place at the entity's head a virgin chalice of water. Place to the center the book most closely aligned with the instrument's mental distortions, which are allied most closely with the Law of One—that being the Bible that she touches most frequently. To the other side of the Bible, place a small amount of cense, or incense, in a virgin censer. To the rear of the book symbolizing One, opened to the Gospel of John, Chapter One, place a white candle."

The instrument would be strengthened by the wearing of a white robe. The instrument shall be covered and prone, the eyes covered.

" In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was with God in the beginning. 3 Through him all things were made; without him nothing was made that has been made. 4 In him was life, and that life was the light of all mankind. 5 The light shines in the darkness, and the darkness has not overcome it.

John 1:1-5

Out of his fullness we have all received grace in place of grace already given. 17 For the law was given through Moses; grace and truth came through Jesus Christ. 18 No one has ever seen God, but the one and only Son, who is himself God and[b] is in closest relationship with the Father, has made him known

John 1:16-18

Basically, the whole John 1 (and the whole new testament) talks about Jesus being the light, Now, look at the start, where its indicated that the law of one blink neither at the light nor the dark. But states that the book of john is the closest to emphasizing with the law of one... Jesus is dualistic.

Ra: I am Ra. The one known to you as Jesus of Nazareth did not have a name. This entity was a member of fifth density of the highest level of that sub-octave. This entity was desirous of entering this planetary sphere in order to share the love vibration in as pure a manner as possible. Thus, this entity received permission to perform this mission. This entity was then a Wanderer of no name, of Confederation origins, of fifth density, representing the fifth-density understanding of the vibration of understanding or love.

Questioner: When Jesus of Nazareth incarnated was there an attempt by the Orion group to discredit him in some way? Ra: I am Ra. This is correct. Questioner: Can you tell me what the Orion group did in order to try to cause his downfall?

Ra: I am Ra. We may describe in general what occurred. The technique was that of building upon other negatively oriented information. This information had been given by the one whom your peoples called "Yahweh." This information involved many strictures upon behavior and promised power of the third-density, service-to-self nature. These two types of distortions were impressed upon those already oriented to think these thought-forms.

Remember, Yahweh is one of the Confederation.

So Jesus carries the message of his father Yahweh, yet Yahweh discredits him. And they are both of the confederation. Makes a total sense.

Now about light/darkness.

It is stated

"A highly polarized positive mind/body/spirit complex surrounded by negative portions of space/time will experience only darkness, 68"

Ra: I am Ra. This is correct. If there is fear and doom, the contact was quite likely of a negative nature. If the result is hope, friendly feelings, and the awakening of a positive feeling of purposeful service-to-others, the marks of Confederation contact are evident.

Those who are upon the service-to-others path may call upon the light strength in direct proportion to the strength and purity of their will to Those upon the service-to-self path may call upon the dark strength in direct proportion to the strength and purity of their will to serve.

3,71|

"I may add that negative entities can easily spread messages of "love" if it fulfills their agenda of disinformation and control while positive entities can unveil truth that can invoke potential fear if asked"

"...In truth there is no right or wrong. There is no polarity for all will be, as you would say, reconciled at some point in your dance through the You are not speaking of similar or somewhat like entities or things.

... You are everything, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are. This is the Law of One."

The law of one is dualistic? LIGHT/LOVE has opposites which are DARKNESS/HATE (or fear). You see how self-contradictory it is?

Also, about the "teaching" and "lessons" and "dimensions.

It is all absurd.

First, how can IS (something that is both/neither sides of the duality, he can't be contradicted, its pure awareness) be improved? It is pure completeness; how can it evolve or devolve? How can it be "less" or "more"? Complete is complete.

A consciousness is connected to everything, it IS (all), there is nothing to learn or study, furthermore it probably went through infinite lifetimes since it is all, every possible consciousness, so what is there to learn in suffering and pain? What contribution is there in dualistic emotions?

There is no progression in going backwards (memory erase), one can be calm on one lifetime and on the next lifetime be compulsive. There is no learning in that.

Also, If I "choose" my lessons and select what the lesson will be, that already means that I have already "learned" the lesson. Yet if you state that some "higher being" is choosing the lessons, that still does not make sense, am I not that very being that chooses the lessons? What can something that is complete and IS have more?

When someone cannot access his previous lessons since his memory is erased when getting into this world there are obviously no improvement, he starts at 0, how can the previous lessons be implemented in the next experiences /lifetimes? These lessons are useless. How can change be claimed to be happening? How does duality contribute to wholeness? Furthermore, forgetting initiates the free will of confusion, as RA states.

people are being born into a dualistic world. With materialistic and animal behaviour. Without previous memories, one is forced into picking dualistic choices, such as having more, and having materialistic needs.

As the incarnations begin to accumulate, other needs are discovered: the need to trade, the need to love, the need to be loved, the need to elevate animalistic behaviors to a more universal perspective.

During the first portion of third-density cycles, incarnations are automatic and occur rapidly upon the cessation of energy complex of the physical vehicle. There is small need to review or to heal

the experiences of the incarnation. As, what you would call, the energy centers begin to be activated to a higher extent, more of the content of experience during incarnation deals with the lessons of love.

Thus, the time, as you may understand it, between incarnations is lengthened to give appropriate attention to the review and the healing of experiences of the previous incarnation. At some point in third density, the green-ray energy center becomes activated and at that point incarnation ceases to be automatic.

Questioner: When incarnation ceases to be automatic I am assuming that the entity can decide when he needs to incarnate for the benefit of his own learning. Does he also select his parents?

Ra: I am Ra. This is correct."

Beauty, laughter, love/to be loved, elevating, are all dualistic needs, that originate when something within oneself is missing, so he is filling them with outside sources such as family, relationships, emotions, the need to "elevate"- to be more, which are all forms of attachments and materialistic needs. All this form come from judgement of its opposite (beauty comes from ugliness, love comes from hate/fear, high comes from low, increasing comes from decreasing, light comes from dark. And vice versa).

Now, you can choose to show this to your family as it goes more "deep" than just the book contradicting itself.

5.Ra: I am Ra. You will remember the exercise of the wind. The dissolution into nothingness is the dissolution into unity, for there is no nothingness. From the sixth dimension, we are capable of manipulating, by thought, the intelligent infinity present in each particle of light or distorted light so that we were able to clothe ourselves in a replica visible in the third density of our mind/body/spirit complexes in the sixth density. We were allowed this experiment by the Council which guards this planet

Questioner: Where is this Council located?

Ra: I am Ra. This Council is located in the octave, or eighth dimension, of the planet Saturn, taking its place in an area which you understand in third- dimension terms as the rings.

Yahweh is affiliated with Saturn, as shown by the very name of the seven day which is Satur(n)day, and the Hebrew word for Saturn with is Shabbtai שבתאי, In Hebrew the seventh day is Called Shabbat.

Saturn astrological symbol is 2 Tau's which look like an X/cross, and also look like the letter n/h, which basically mean 2X's or XX which symbolises the woman/girl chromosomes. Tau is known to represent resurrection, also Jesus was crucified on the cross, and then he came back to life.

Both Yahweh and Jesus are from the confederation, this makes total sense as Jesus' symbol is the cross and Yahweh's day is Saturn's day.

If you fold the cross you get a cube, which is basically a 3d Hexagon which is on top of Saturn.

The freemasonic symbol is basically 2 X's surrounding the letter G, which is said by them to resemble God/Great Architect. In runic language G=X. G is the seventh letter in the English alphabet, add that to the 7 major rings of Saturn, and to the biblical verse of Revelation.

"3 Then another sign appeared in heaven: an enormous red dragon with seven heads and ten horns and seven crowns on its heads"

the seven is a reference to G and the ten is a reference to X.

Saturn is also known as the god of the harvest and is cognate with Cronus who is known for eating his children, Chronos is the god of time (he is basically time itself).

Ra: I am Ra. In time of harvest there are always harvesters. The fruit is formed as it will be, but there is some supervision necessary to ensure that this bounty is placed as it should be without the bruise or the blemish. There are those of three levels watching over harvest. The first level is planetary and that which may be called angelic. This type of guardian includes the mind/body/spirit complex totality or higher self of an entity and those inner plane entities which have been attracted to this entity through its inner seeking.

The second class of those who ward this process are those of the Confederation who have the honor/duty of standing in the small places at the edge of the steps of light/love so that those entities being harvested will not, no matter how confused or unable to make contact with their higher self, stumble and fall away for any reason other than the strength of the light. These Confederation entities catch those who stumble and set them aright so that they may continue into the light. The third group watching over this process is that group you call the Guardians. This group is from the octave above our own and serves in this manner as* light bringers*. These Guardians provide the precise emissions of light/love in exquisitely fastidious disseminations of discrimination so that the precise light/love vibration of each entity may be ascertained.

Thus, the harvest is automatic in that those harvested will respond according to that which is unchangeable during harvest. That is the violet ray emanation. However, these helpers are around to ensure a proper harvesting so that each entity may have the fullest opportunity to express its violet ray selfhood.

Angelic entity, guardian entity, light bringer entity, confederation entity, sounds almost exactly like the white light trap. The guardians are from Saturn.

Ra: I am Ra. The ark of the covenant was that place wherein those things most holy, according to the understanding of the one called Moishe, were placed. The article placed therein has been called by your peoples two tablets called the Ten Commandments. There were not two tablets. There was one writing in scroll. This was placed along with the most carefully written accounts by various entities of their beliefs concerning the creation by the one Creator.

This ark was designed to constitute the place wherefrom the priests, as you call those distorted towards the desire to serve their brothers, could draw their power and feel the presence of the one Creator. However, it is to be noted that this entire arrangement was designed, not by the one known to the Confederation as Yahweh, but rather was designed by negative entities preferring this method of creating an elite called the Sons of Levi.

Questioner: Was this a device for communication then? You also said that they drew power from it. What sort of power? How did this work?

Ra: I am Ra. This was charged by means of the materials with which it was built being given an electromagnetic field. It became an object of power in this way and, to those whose faith became that untarnished by unrighteousness or separation, this power designed for negativity became positive and is so, to those truly in harmony with the experience of service, to this day.

Thus, the negative forces were partially successful but the positively oriented Moishe, as this entity was called, gave to your planetary peoples the possibility of a path to the one infinite Creator which is completely positive.

The sons of Levi were one of the most faithful tribes to Yahweh, they resided in neither tribe along with the Cohen priests.

Also, Moses (in Hebrew משה Moshe) was damn cruel, look at numbers 31.

Interesting Anime About Human-Eating Aliens That Farm Humans

Recently on [the EscapingPrisonPlanet subreddit](#), the similarities between the **archons** creating our world prison and then kinda-breeding, imprisoning and causing suffering to us for harvesting our loosh while some of us wake up to it and are actively trying to escape from it, was then compared with **humans** creating animals' factory farm prisons and then breeding, imprisoning and causing suffering to them while some of them are trying to actively escape from it (and the ones that escape often sent back to the factory or get shot by the police) but that humans are basically also harvesting these animals loosh, which was the whole comparison point that was made.

Considering Tibetan Buddhism's connections to vegetarianism, I personally find that this is an interesting comparison which I was fortunate enough to explore with Mark from Forever Conscious Research Channel between the [5:49:51 - 6:23:00 minute marks of this video](#). Now I was just watching one of my favourite Youtuber's "**Change My Mind**" university campus debates and the guy Earthling Ed was debating just mentioned something very interesting and synchronistic that caught my attention:

At the [8:39 minute mark of the video](#) he mentioned that in **The Promised Neverland** anime, humans are raised by aliens on farms for alien consumption while humans are trying to escape. The anime has an interesting cover to it too with a plate that represents a clock with the hands of the clock shown as a fork and a knife while the kids standing on top of it and representing a meal for the aliens. There is also a closed dome-like prison symbolism that is around the main characters as you can see below.

On my end, I believe that most if not all of the so-called entities are just shapeshifting AI hive mind NPC bots that are fully controlled by a central AI hive mind intelligence of some sort as I've tried to explain [in this document](#). (7th chapter of this book)

I am curious if any of you have seen this anime before and what do you think about how it relates to the matrix reincarnation soul trap? The concept of this anime reminded me of [these funny comics](#) comparing human-eating aliens with animal-eating humans.



Apparently, the anime has a [live-action movie version](#) of it too and both in the anime and the live-action movie, the kids seem to be assigned by the 5-digit numbers that are tattooed on the kid's necks, similar to how **factory-farmed**/looshed animals are assigned numbers. It's also interesting to note that in the movie [Sausage Party](#), we were represented as food items. Lastly, in The Twilight Zone episode named [To Serve Man](#) the aliens trick humans to give them technology while only asking for human's trust in return when it comes to helping them, eventually trick many humans to go back to their ship as a visit to their planet. At the end some realize that aliens wanted to "serve" humans as a dish to other aliens rather than serving them as a benevolent service.



Benefits of a Healthy Diet When It Comes to Exit Plans

[**Note:** This document does not promote the idea that being vegan is the only way for someone to exit the matrix. That would be just ridiculous in my opinion and the same thing would go with the belief that we'd need to have more good karma than bad one to exit the matrix. This document argues that there are indirect benefits of veganism that could help one in their journey of exiting the matrix.]

Does Veganism Give People Just Another Prison Mindset?

Someone mentioned the claim of this document's title to me in the comment section of [the video](#) I did with Mark from FCRC on Jul 9, 2022, while giving me the example that it's "[natural to do it](#)" because other animals do it. Just because matrix set the animal kingdom and nature to be super violent, it doesn't make it so that I have to be violent to other animals or support their torture and death with my purchases. Animals killing other animals doesn't make it so that I now have to take moral guidance from predator animals. I've written my response to that argument [here](#).

The same thing goes with [the strongest of the fittest and we are at the top of the food chain](#) type of mentalities and [when it comes to the other problems in the world](#).

And although I see where he was coming from, I wouldn't personally consider veganism as another prison mindset because of how much it helps others with their health issues.

A strict whole-foods plant-based diet is the only diet, I repeat, **THE ONLY** diet in the world that has been scientifically proven to reverse heart disease, the **number one killer** of both men and women in the United States! Nutritionist Nathan Pritikin reversed his heart disease by changing his diet to a whole foods plant-based diet and later he helped thousands of people to reverse their heart disease with a plant-based diet but Dr. Dean Ornish was the first doctor to **scientifically** prove this in 1990 that lifestyle changes can in fact open up the clogged arteries again and reverse coronary heart disease without drugs or surgery. His study was published in one of the most prestigious medical journals in the world:
<http://www.ncbi.nlm.nih.gov/pubmed?term=1973470> and <http://goo.gl/r0nEN1>

His study has been repeated numerous times since then and the conclusion always stayed the same, which was that 95-99% of patients opened their arteries back up to reverse their heart disease after following a plant-based diet.

Dr. Caldwell Esselstyn, MD. of the Cleveland Clinic has his own published research and he has successfully **reversed heart disease** in his chronically ill patients using a whole foods low-fat plant-based diet:
<https://youtu.be/EqKNfyUPzoU> and <https://goo.gl/0OIB2x>

And when it comes to our **TOP 15 Causes of Death** (1. Heart Disease, 2. Cancer, 3. Lung Disease, 4. Stroke, 5. Accidents, 6. Alzheimer's Disease, 7. Diabetes, 8. Kidney Disease, 9. Respiratory Infections, 10. Suicide, 11. Blood Infections, 12. Liver Disease, 13. High Blood

Pressure, 14. Parkinson's Disease, 15. Pneumonitis) whole foods plant-based diet is **THE ONLY** diet that has been scientifically proven to help prevent 14 of them, treat 9 of them, and reverse the progression of disease on 5 of them including our **TOP 3 KILLERS** (no other diet has ever been shown to do the same):

<http://goo.gl/c5GoHz> (All Sources Cited) and <https://youtu.be/7Mr7Bm8UbAA>

I've asked people to show me one other diet that could do all of this for the last 10 years that I've been a vegan, and nobody could ever prove me and show me just one other diet that could do the same. It just doesn't exist, simple as that. Plus:

Vegans are **THE ONLY** people who are in perfect healthy body weight:

<http://www.ncbi.nlm.nih.gov/pubmed/19351712> and <http://goo.gl/FF05WV>

The blood circulating in vegans fights cancer nearly **8 TIMES BETTER**:

<http://www.ncbi.nlm.nih.gov/pubmed/16094059> and <http://goo.gl/ZNqkgJ>

Low-fat Vegan diets are associated with **weight loss, increased insulin sensitivity, and improved cardiovascular health**:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2677007/>

The vegan diet is also the only diet that has ever been [proven to reverse](#) type 2 [diabetes](#) and I'd recommend watching this amazing documentary on this issue titled [Simply Raw Reversing Diabetes in 30 Days](#).

Blue Zones are the 5 places in the world where people are healthiest and live longest than anywhere else in the world. These places are Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Icaria (Greece); and the Seventh-day Vegetarian Adventists in Loma Linda, California. They all have something in common which is that %95 of their diet is vegan and the longest and healthiest of them all, the Californian Adventists follow a fully vegetarian diet:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4191896/>

The interesting thing with the Californian Adventists is that they also have a %20 vegan population and in the long follow-up study they compared vegetarians with vegans and the vegans were determined to have much better health and way fewer chronic diseases in their old age:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144107/>

I could go on and on so if you'd like to know more, please look into [this document](#) where I present all of the best evidence showing how a strict whole-foods plant-based/vegan diet is the healthiest diet in the world.

People are free to fall for the multi-billion-dollar meat-dairy-egg and big pharma matrix industries' lies of course (just like they've mostly fallen for it when they&their doctors claimed cigarettes were healthy for so long back in the day) but their lies won't change the facts regarding what's really going on around us with sickness and premature death.

Even though I have a heavy 1 to 2 ratio edge on scientific studies where for every study someone shows me "proving" animal products are good for our health, I could show [two studies](#) proving otherwise and also show how your study was funded by the industry just like how governments fund the animal farming industries so that the burger doesn't cost \$30. However, I

say toss all of these studies out the window because we don't need them. All we have to do is pay attention to the meat, cheese, milk and egg-eating society that we all live in. How many of your family members and your friends' family members have a disease already, or have died already from a disease? Because I can't be the only one affected by this. What's the one thing we all have in common with each other besides the air we breathe and the water we drink? Meat, cheese, milk and eggs. Animal products all day long. And I know you can blame some of the cancers on environmental pollution, there's no doubt about that. But how are you going to blame [heart attacks and strokes](#) on environmental pollution? And [diabetes](#), [osteoporosis](#), [obesity](#)? The hospitals are FILLED with non-vegans instead of vegans for a reason...

Of course, a lot of people would say "that's because those people who are sick are not eating healthy organic grass-fed stuff" but that's also [a major myth](#).

Since cholesterol, saturated fat, trans fats, animal protein, heme iron, IGF 1, stress hormones etc. that are in animal products are clearly the real issue here, which has been exposed by the majority of the scientific studies and all these things are the real reasons why hospitals are filled with sick omnivores instead of vegans. How can we even logically mostly blame cancer, diabetes, heart disease etc. on fruits, vegetables and other plants?

Plus, I'd actually consider believing in the status-quo of the lies from the multi-billion-dollar meat, dairy and egg industries who literally keep animals in prisons while torturing them their whole life as the real prison mindset, not supporting any of that and going against the majority is the real outside of the box non-prison mindset thinking if you ask me.

There is a reason why vegan diet is [the best against diverticular disease](#) and considering how fast digestion and lucid dreaming/astral projection (where we are one step closer to our true self) work well with each other and how much [a healthy vegan diet helps a lot when it comes to digestion](#) plays a big role in all of this since meat can even take up to 72 hours to digest. Our digestion also gets slowed down a lot while sleeping but the body still has to focus on digestion if there are things to digest which takes attention away from paying attention to dreams. I believe this shows the advantages of following a naturally fibre-rich diet like a plant-based/vegan diet.

To be honest, on my end, switching to a vegan diet actually cured my life-long constipation issue the very next day I've gone vegan and it also cured my long time severe acne issue in a few months while making me lose the excess 15 kilos that I had, all of which also proved to me the [healthful benefits of a healthy vegan diet](#).

After also switching to having a 4-6 hour eating window and eating one big meal in a day, and then the last meal being a fruit/veggie salad which digests super-fast, I've noticed that my dream recall has skyrocketed. As you can see from the sources I've shared on [this document](#), there are a lot of benefits to fasting. Even many of the members of the longest and healthiest people on earth, [Seventh-day Californian Adventists](#) choose to often fast once a month.

It's interesting to note that according to the main Hindu (and many Gnostic sects) concepts, not eating meat to spare your body of all of the nonsense it has to go through to digest the meat was noted. This was not for nothing, the point is that by keeping your gut and intestines clean, you'll think clearer and in turn become better prepped for gnosis. The cleaner one's digestion, the cleaner their body and its processes are, the better equipped they'll be to think the way they need to think to attain gnosis. [Mahayana Buddhists](#) (which is part of the largest major tradition

of Buddhism) and Tibetan Buddhism's (which evolved as a form of Mahāyāna Buddhism) [connections](#) to vegetarianism is also interesting considering their desire to escape the [samsara](#).

After all, if one doesn't get their mind right and [their brain health](#) and [mental health right](#), it's near impossible to get their physical health right. I believe this is especially true in the long run when one is consuming [death](#), [discrimination](#), and violence along with cholesterol, saturated fat, trans fats, animal protein, heme iron, IGF 1, stress hormones etc. on a daily basis. I think that if one is doing that day in and out for generations, there is a good chance they may exude the same things (death, violence etc.) in different ways&areas. There seems to be a correlation between violence and eating meat as well. [\[1\]](#) [\[2\]](#)

To be honest, again, this doesn't surprise me because I used to be an angry person while I was a teenager, getting too annoyed by my brother's deliberate annoyances and I'd see red super quick and even once broke a window where I almost cut up a major artery and they told me that if the cut was 1 cm to the left, I'd be dead. I used to be too unpredictable when I was angry but all of my family noted that after going vegan my unfounded 1 to 100 aggression just disappeared right away and I am a super calm person now but of course, as a long-time martial artist, if aggression and self-defence are required, I won't shy away from it unless running is an option. I also believe that eating paleo and other ketogenic carnivore diets will eventually catch up with people in the long term based on the [evidence we have](#). Even Mike Tyson [said](#) that his non-veganism contributed to him being angry and crazy back in the day. After all, processed meats and red meats are declared [number 1 carcinogen while other meats are number 2 carcinogen](#) so no wonder that something that can [clog one's arteries](#) and make them develop cancer in their bodies, can also make them potentially have behavioural issues, along with lessened [brain health](#) and [mental health](#).

It's also interesting to note how 75% of the earth's population are lactose intolerant, meaning they can't properly digest the lactose sugar that's coming from the milk so they have to shit it out while often having stomach cramps. This is kind of nature's way of hinting to us how humans don't need the milk of any other animal, especially after they're done growing up. The other %25 of the population who can digest lactose sugar are not that better off either since consuming milk comes with [a lot of health issues proven by science](#). After all, if a certain food hurts %75 of the humans, it surely not going to be a healthy food for the rest of the humans. Also check this gematria connection out which is something to think about:

Word or Phrase	English Ordinal	Full Reduction	Reverse Ordinal	Reverse Full Reduction
Humans	76	22	86	32
Bowels	76	22	86	32

The word **die** is in the word **diet** and **digestion** and it's interesting how the multi-billion-dollar meat, dairy and egg industries have made the majority of the planet addicted to animal-based foods and fast foods that are hardest to digest which in return makes us fall below:

Word or Phrase	English Ordinal	Full Reduction	Reverse Ordinal	Reverse Full Reduction
Below	57	21	78	24
Bowel	57	21	78	24

F = 6th Letter
Fast Food
FF = 66

"Digestive System" = 66 (Full Reduction)

D	i	g	e	s	t	i	v	e	S	y	s	t	e	m	
4	9	7	5	1	2	9	4	5	1	7	1	2	5	4	66

When [we think about the long term](#), people can increase their life expectancy [by 12 to 14 years](#) on a whole food plant-based diet which means it would be less likely for people who follow a plant-based diet to suffer from many bad&chronic diseases earlier when they are older and instead they could better focus on more research and practices like lucid dreaming and astral projection (which I've talked about the importance of [in this document](#) - the 7th chapter of this book) longer than others while being healthier which is an obvious plus.

And then especially considering the whole foods plant-based diet's [positive connections with depression, stress and mental health](#), as well as its huge [positive connections with dementia, Alzheimer's disease and brain health](#) which are super related topics regarding remembering regular memories and dream memories which go hand in hand with the soul trap information when it comes to the importance of memories.

Considering all of this, the argument of veganism being just another prison for the mind thing goes right out of the window for me due to all of these facts that are proven over and over again which cannot be ignored on my end and also for these people who have proven it to themselves:

<https://www.drfrhman.com/success-stories/categories/view-all>

<https://nutritionstudies.org/topics/success-stories/>

<https://www.forksoverknives.com/success-stories/>

Lastly, the worse kind of prison is what the animals are going through in factory farming as shown by the [Dominion documentary](#) and if animals were to ever form a religion, it would be clear to see that the devil&archon for them would be depicted in human form. I got the chance to talk about all of this with Mark from Forever Conscious Research Channel at the [5:49:51 minute part of this video](#) if you'd like to check it out.

[Why Vegan's Health is Superior to Meat, Dairy and Egg Eaters? \(Proven by non-industry funded science\)](#)

[Headaches and Migraines vs Plant-Based Diet](#)

[Stress, Depression and Mental Illness vs Plant-Based Diet](#)

[Dementia and Alzheimer's Disease vs Plant-Based Diet](#)

[Acne and Skin Issues vs Plant-Based Diet](#)

[Heart Disease vs Plant-Based Diet](#)

[Diabetes vs Plant-Based Diet](#)

[Cancer vs Plant-Based Diet](#)

[Kidney Disease vs Plant-Based Diet](#)

[Liver Disease vs Plant-Based Diet](#)

[Gallbladder Disease vs Plant-Based Diet](#)

[Osteoporosis and Bone Health vs Plant-Based Diet](#)

[Diverticular Disease vs Plant-Based Diet](#)

[Lyme Disease vs Plant-Based Diet](#)

[What About Organic "Grass-Fed", "Free-Range", "Humanely Raised" Animal Products?](#)

[What About The Low Carb Ketogenic Diets and The Paleo Diet?](#)

[People Who Consume Animal Products Actually Have More Nutritional Deficiencies while Plants Contain EVERY Vitamin, Nutrient and Mineral People Need!](#)

[Why Eating Animal Products Causes Weight Gain and Obesity?](#)

[What is The Best Way to Lose Weight Sustainably?](#)

[See What the Largest Authorities on Nutrition in the World is Saying About Vegan and Vegetarian Diets](#)

[Is Animal Protein and Trans Fatty Acids Good for You?](#)

[Wonder Why Most Doctors Are Uneducated on Nutrition?](#)

[Nutrition Expert Plant-Based Medical Doctors](#)

[Why I Don't Eat Meat Anymore?](#)

[Why I Don't Eat Eggs Anymore?](#)

[Why I Don't Eat Dairy Anymore?](#)

[Why I Don't Eat Fish Anymore?](#)

[Why I Don't Eat Too Much Oil Anymore?](#)

[Where Do Vegans Get Enough Protein From?](#)

[What About Vitamin B12?](#)

[What About Honey?](#)

[The Truth and Falsehoods About Soy aka Soya Beans!](#)

[Are Humans at the Top of the Food Chain?](#)

[Are Humans Physiologically %100 Omnivores?](#)

[Animals Eat Other Animals, So Why Shouldn't We?](#)

[Do We Need Meat For Brain Development?](#)

[Vegans Have Higher Total Testosterone than Vegetarians and Meat Eaters](#)

[The Truth About Caffeine and Carbs?](#)

Conspiracies About Veganism - The Soylent Green Movie

There is also an interesting connection to be made between doctors recommending cigarettes back in the day and modern doctors recommending meat. The organizations like World Health Organization are obviously tools of the matrix system but we also know that this system does gradual releasing of the truth from time to time.

For example, back in the day, many people believed that cigarettes were not harmful and that they were even healthy as doctors were recommending smoking it. This continued until World Health Organization came up with the statement and basically said that **"after examining hundreds of studies showing the adverse effects of smoking, we can no longer say there is a correlation but that there is a causation with cigarette smoking and lung disease&cancer"** and I heard that they were asking people back then about this saying **"now that WHO said this, would you still smoke cigarettes or make your kids eventually smoke it?"** and people apparently either didn't care, mentioned about the classic **"it's all about moderation"** thing or didn't believe it for a long time.

Now the interesting connection with this is that the same exact thing happened in 2015 when WHO said **"after 800 studies on cancer and meat, we can no longer say that there is a correlation but that there is a causation and that just like cigarettes, red and processed meats are the number one major cause of cancer whereas the other meats are secondary causes"** and I remember seeing some people conduct street interviews with people where they asked them **"so now that WHO said this, would you continue to eat meat or make your kids eat meat"** and interestingly, the answers people gave to that question was exactly the same as the answers people gave to the cigarette question as can be seen from this video: <https://youtu.be/H-SBR703OvI>

This was the info released by the WHO for those who don't know:

"A report released by the World Health Organization (Leading International Publication on Health Signed by 61 Countries) warns that red meats (beef, veal, pork, lamb, mutton, horse, goat) and processed meats (hot dogs, processed poultry, ham, sausages, corned beef, biltong, beef jerky, meat-based preparations and sauces) rank alongside cigarettes as a major cause of cancer. After a group of 22 expert scientists analyzed more than 800 studies on cancer they found that there is a strong mechanistic evidence red and processed meat have a carcinogenic effect. According to the findings, 50g of processed meat a day – the equivalent of one sausage or less than two slices of bacon – increases the chance of developing bowel cancer by 18 percent."

http://www.iarc.fr/en/media-centre/pr/2015/pdfs/pr240_E.pdf and <http://goo.gl/qz3QG0>

I consider this a gradual release of the truth as they've done with the cigarettes due to everything I shared in this document: https://docs.google.com/document/d/16Y-1xf-uixc5DikFXGB3KV3p7TI0_yTCk9_FgEDo2Us/

Unfortunately, most of the doctors are nutritionally illiterate as they don't get proper education on it. I believe they only have **voluntary** 4-6 hour nutritional education for doctors in the US:

<https://bit.ly/3vwmhLs> and <https://docs.google.com/document/d/1jRcyP649yL-EgBtKXH7Cr-Oj4w6tKjTXIUzw3seqZOE/>

This is something the Physicians Committee For Responsible Medicine (PCRM) who works with 17,000 plant-based doctors trying to change by suing the government:

<https://www.pcrm.org/news/news-releases/physicians-committee-sues-usda-and-dhhs-exposing-industry-corruption-dietary>

But of course, the system would never let that happen and teach them and the public the power of nutrition <https://bit.ly/3hZBoH7> as they collect too much loosh from suffering humans, animals and potentially plants as well, most of which are fed to the 150 billion animals they kill per year to feed humans.

Isn't Vegan Diet the New World Diet?

There is also the Bill Gates supporting Beyond Meat thing of course, that the conspiracy people go on and on about. It's not like it is mandatory to buy beyond meats to be a vegan because nobody has to eat fake meats to be a vegan or to be healthy, and we are talking about processed foods here which always helps the system when it comes to how they hurt people's health even though I believe fake meats are way better than their meat counterparts with higher fat content, cholesterol, saturated fats, trans fats stress hormones, heme iron, animal-based protein etc. and once again the money and the push behind the multi billion-dollar meat, dairy and egg industries does not even compare to the plant-based products, which is why The United States federal government alone spends \$38 billion every year subsidizing the meat and dairy industries which is why the price of a pound of hamburger meat is \$5 instead of \$30 as they know animal product hurt people's health the most but they need that loosh from the suffering sick humans who will eventually be sick and die slowly from preventable diseases.

Once again, according to a plethora of scientific evidence, most [meat](#) (including [fish](#)), [dairy](#) and [egg-eaters](#) will get cancer, osteoporosis or diabetes while more than 50 percent will have a non-genetically-induced heart attack or stroke, while again, the strict whole-foods plant-based diet is the only diet that has been scientifically proven to help prevent 14 of our TOP 15 causes of death, treat 9 of them, and reverse the progression of disease on 5 of them including our TOP 3 killers:

https://docs.google.com/document/d/1zKlrlgizGNp_2tkeLaBG2RvM4pnm4nxleMfHkrsFxiq/

Plus, them advertising fake meats is kind of like getting ready for the transhumanist dystopian future environment of lab-grown meat so that they can have even more control of what people consume, as well as having a better system for the kind of simulation we live in when it comes to having everything more organized on a pure AI/machine level instead of needing people to farm animals. Then that could turn into even bigger potential cannibalism issues with the lab-grown meat which is something else that conspiracy people go on and on about due to the movie Soylent Green.

People see that movie and that's enough for them to assume that meats that are made from plants like [soya beans](#) are actually made out of human meat... In reality, if that was true plant-based meat would've had cholesterol in them and if that was true, I bet an ethical vegan would've figured that out in the first week of the fake meat's release as I am sure at least one of the vegans would think to do a laboratory test to make sure it's vegan and if one vegan raises that issue, we should realize that this would go viral eventually.

There is also a bigger conspiracy regarding how there are nanobots in the meats [as you can see from all of these countless videos](#) where [magnets attract to the meats](#). I have never seen any video that showed the same for plant-based meats. These fake meats are not mandatory for one to be a vegan as well.

When we think about all the cloning subjects and what kind of genes they are mixing up, as well as considering the reset and how all these animals potentially came to be and how much DNA we share with them, like the genetic DNA similarity between cows and humans being %80 and pigs and humans being a whopping 98%, who is to tell that people are not basically being cannibalized by eating meat already? In fact, I hear that cannibals and Koreans who had to eat human meat in war times apparently mentioned that human meat tastes very much like pig meat which is another interesting thing to think about. Also, one other interesting point out is these mixing pork and coke (coca-cola) together [videos](#) [2] [3] showing how tapeworms come out of it but most of the videos I saw on this showed the opposite as well.

I've also seen this very interesting video from a non-vegan conspiracy Youtuber [who made so many interesting connections](#) from TV Shows and Movies regarding the fate of vegans vs meat eaters according to the "elites" which I recommend checking out. Also, if one looks up the ["I'm a Rofschild. Axe me a question" post](#) the supposed "elite" guy recommends a plant-based diet for interesting reasons and he says that eating meat is a blood sacrifice because humans and other animals belong to the animal kingdom. This was a comment about this from a Redditor that I found interesting, especially considering the stress hormones in animal products:

"Blood sacrifice and the energy is collected by other beings. There was an article I read from this guy who has spent his life researching what [r/EscapingPrisonPlanet](#) is about and he titled the article "they made us eat meat". He brought the argument of why there is so much agenda to pushing meat as something delicious in loads of ads. Food programs etc. he also said that they proved that there is a secretion that takes place when animals know they're going to be killed and this goes into the meat which people then consume. Yogis say that humans are consuming fear and these secretions make it more difficult to become peaceful, to meditate and to focus of what is truly real." - [CelestialGalaxy](#)

It's also interesting to note that in the movie [Sausage Party](#), we were represented as food items.

Isn't Veganism the New Agers Diet Though?

There are hundred different ways to eat a vegan diet since veganism is not just related to diet as it's all about the animals and animals don't care if you only eat Oreos with coca cola and fries. It's important to look at the definition of veganism to understand it better:

"Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."

Nowhere in the definition it talks about how you have to be perfectionist with everything and how you have to follow a healthy diet. We know from the gatekeepers of the system that lies sell the best when you mixed them with some truth and this is why some New Agers are pushing the

vegan diet. However, veganism is of course not to blame if a New Ager or flat earther or round earther or whoever is pushing it. In fact, good on anyone who pushes it since they are just speaking for the animals who can't speak for themselves.

Just like atheism is not about evolution or any other thing but it's just about not believing in god, same thing goes with veganism where it is a philosophy and way of living and it's not about the New Age, Flat Earth or anything else.

Another thing to note is that not everyone in the huge new age community follows a vegan diet, in fact, not even close. Just join the daily zoom meetings of the Eckankar group on EventBrite or Meetup, or just join astral projection groups' zoom meetings where they talk about spirit guides or join many other different new age groups like those and ask how many of them are vegan and then you'll see that many new agers in many different communities are not even a vegan to begin with. Same thing in the yoga industry where people are all about that "love and light" until it comes to supporting the torture and death of animals with their actions. I've sensed the most toxic positivity from the yogis or new agers when it comes to the veganism issue, even most of the love and light people don't get it. I've made [this funny comics album](#) on this topic if you'd like to check it out.

Conclusions:

I think eating cat meat and dog meat is immoral, [just as](#) eating chicken, cow, pig or sheep meat [is immoral](#). I believe this would be especially true if one knows that eating animal products is not necessary and that it's just causing [unnecessary suffering](#) when one can [easily do without it](#). After all, it all comes down to 15 minutes of sensory pleasure & taste (that's maybe just %10-30 reduced compared to the [plant-based alternatives](#)) versus someone's [whole life that was full of suffering](#) which is why I believe it's immoral to support lifelong suffering and death of animals for the purpose of eating them [unnecessarily](#).

I don't think we'd find many people who'd claim factory farming is moral but %99.99 of meat people eat come from factory farms in developed countries.

I believe [going vegan](#) (or rather a strict whole-foods plant-based diet) comes with many benefits, some even pertaining to the soul trap as I've tried to explain [here](#) and in this document.

I believe [peace](#) begins at the dinner table and that when one puts violence in they often get violence out in some way. When one consumes suffering, [discrimination](#) and [death](#) (along with stress hormones in the animal products), there is a good chance they may exude the same things in different ways & areas. I also believe that eating paleo and other ketogenic carnivore diets will eventually [catch up with people in the long term](#).

When being altruistic, however, one should never expect anything in return but when one is a vegan, I believe they get a lot of great things in return. Such as their improved [physical](#) and [mental](#) health [2] while one being good to the earth as [the worst form of environmental destruction](#) is animal agriculture.

Plus, slaughterhouse workers have been shown to have increased rates of PTSD, mental health problems, suicide, drug & alcohol abuse, domestic violence etc. and while the United States alone is currently growing enough food to feed [10 billion people](#) and at least 50% of the grain in

the whole world is [fed to livestock](#), 82% of starving children [live in countries where food is fed to animals](#), and the animals are eaten by [western countries](#).

At the end of the day, two wrongs never make a right. I believe striving to cause less suffering in the world while we are here would make many rights in the process, all of which would probably be more aligned with our real essence's beliefs and empathy, to begin with.

My Exchanges with Someone on Reddit Regarding These Issues

The person I am talking about made [this post](#) on Reddit and below was my response:

"(veganism) has no impact or effect on the (soul trap escape) goal."

I'd argue that it has some indirect beneficial effects on it considering the whole foods plant-based diet's positive connections with our [health](#), as well as [depression, stress and mental health](#), but most importantly how much it helps when it comes to [dementia, Alzheimer's disease and brain health](#) which is a super related topic regarding remembering regular memories and dream & OBE memories which go hand in hand with the soul trap information when it comes to the importance of memories.

Another thing is that I believe practicing lucid dreaming and astral projection would give us a massive leg up in our exit plans as I tried to explain [here](#). (My chapter about the soul trap) However, the kind of astral projection that you claim to be "directly connected to the body" is not what I am talking about here. I am talking about going within while astral projecting to experience that formless godly state where people feel more lucid and their creations are instant as [talked about by some astral projectors](#). Experiencing that state will clearly be the BIGGEST fear, doubt and "what if" question killer, period!

So what I am talking about has basically nothing to do with being connected to bodily senses. Instead of just sitting around and keep on reading a thousand more NDEs, if I can practice and achieve that godly state while being alive, which could clearly give me a massive leg up on my exit plan, then that's what I'll do on my end. We can both believe we'll be successful and have strong intentions to not face any issues on our way out of this mess and also do everything we can to achieve that at the same time. In fact, I choose knowing over believing which is what I believe experiencing that godly state would give to someone.

Now going back to the benefits, considering how fast digestion and lucid dreaming/astral projection (where we are one step closer to our true self) work well with each other, it's important to note that [a healthy vegan diet helps a lot when it comes to digestion](#) whereas meat can even take up to 72 hours to digest. I believe this also shows the advantages of a naturally fibre-rich diet like a plant-based/vegan diet.

Plus when we think [about the long term](#), people can increase their life expectancy by [12 to 14 years on a whole food plant-based diet](#) which means it would be less likely for people who follow a plant-based diet to suffer from many bad & chronic diseases earlier when they are older and instead they could better focus on more research and practices like lucid dreaming and astral projection longer than others while being healthier which is an obvious plus.

Now, of course, I don't expect any of the raw rotting meat eaters in this subreddit to comprehend any of the facts I am talking about here so I'll ignore them if they once again reply to me with utter BS they learned from their [leader Sv3rige](#) who stabbed someone, was locked up in a mental hospital, talked about killing and eating people and even eats 10 months old raw rotting meat, almost died from eating raw meats and was in a hospital for over a month trying to

survive and still continues to eat raw meat despite of the fact he nearly died from it. I've already talked more about Sv3rige's comments and the conspiracies against veganism.

We know based on [repeatable strong scientific evidence](#) that whole foods plant-based diet is THE ONLY diet that has been scientifically proven to help prevent 14 of our TOP 15 killers while being the only diet to treat 9 of them, and reverse the progression of disease on 5 of them including our TOP 3 KILLERS. No other diet has ever been shown to do the same and one thing these raw rotting meat eaters will never be able to show is their weirdo diet doing anywhere near the same thing when it comes to people's health. When one consumes suffering, [discrimination](#) and [death](#) (along with stress hormones in the animal products), there is a good chance they may exude the same things in different ways&areas. Based on the evidence, I believe that eating paleo and other ketogenic carnivore diets will also eventually [catch up with people in the long term](#).

Lastly, "archons" creating our world prison and then kinda-breeding, imprisoning and causing suffering to us for harvesting our loosh while some of us wake up to it and are actively trying to escape from it, compares directly with humans creating animals' factory farm prisons and then breeding, imprisoning and causing unnecessary suffering to them while some of them are trying to actively escape from it (and the ones that escape often sent back to the factory or get shot by the police) but that humans are basically also harvesting these animals loosh. Because of this, it comes off as super hypocritical to protest our suffering while not even considering the factory-farmed animal's suffering that non-vegans directly support and unnecessarily consume for just a 15-minute of taste bud pleasure that's only maybe in some cases reduced by %10-20 compared to their [plant-based alternatives](#).

Based on some of the NDEs and pre-birth memories of people talking about living animal lives, perhaps some of us even reincarnated as factory-farmed animals before as well.

When it comes to survival, a vegan diet is the least expensive diet in the world, and when it comes to plants they do not have pain receptors, a central nervous system, nerve cells, or a brain, which means they lack anything that neuroscientists know to cause sentience. A cow for example has a cerebrum, cerebellum, spinal cord, brachial plexus, radial nerve, ulnar nerve, meridial nerve, palmar nerve, femoral nerve, sciatic nerve, peroneal nerve, tribal nerve compared to a cucumber which doesn't have any type of machinery for registering pain. The comparison between them is just not fair, especially considering how non-vegans indirectly consume 16 times more plants than vegans since the animals they ate consumed plants their entire life before humans cut them into pieces. I've also deep-dived into the "but what about the plants' lives" argument on here for those who are interested.

When it comes to the "but it's natural" thing, please refer to [this](#), and when it comes to humans' part in the hierarchical food chain, please refer to [this](#).

"Would any less animals be getting slaughtered if I stopped eating meat? The answer is no."

Just one person who follows a vegan diet produces the equivalent of 50% less carbon dioxide, and uses 1/11th oil, 1/13th water, and 1/18th land compared to a meat eater. [[Source](#)]

Everybody is responsible for what they are personally doing. The way for numbers to rise is for individuals to take accountability one by one. If you want for there to be multiple vegans to make a difference, then become one. There are hundreds of millions of vegans in the world, so we are

not just one person. In the UK, 12% of people are vegetarian or vegan. If you look at the age range of 16-24, that ratio rises to 20%. It is completely worthwhile to do this and we are having an effect on the industries. Imagine if everyone who is vegetarian/vegan started buying animal products again - that would be a giant increase in demand. As such, we are keeping demand down by continuing to avoid animal products. It's simple supply and demand. No difference would ever be made if everyone always thought like you.

“if you want to go back to the divine source when you die”

If you are suggesting a "merging with the (external) source god" type of thing, there is no divine source that I'll go back to on my end. I'll just remember how to be my real godly self again and any "source" of this place can go f itself as I tried to explain [here](#).

"farmer John's small-time operation, where the animals live happy lives and are treated humanely"

The definition of humane is showing compassion and kindness, not killing. There is no such thing as happy and humane slaughter just as there is no such thing as happy and human rape, happy and humane slavery, or happy and humane child molestation. So [humane slaughter is an oxymoron](#). Oh btw, [milk is horrible](#) for your health and your son's health.

At this "final showdown" I'd like to leave [this video](#) as my very final message to the non-vegans who unempathetically and disgracefully try to defend their unnecessary habit with logical fallacies.

Then he responded with [this](#) and [this](#) and below was my response:

"My point is that our "health" is entirely a product of this world. Is you body your temple, or is your body your prison? Personally, I feel like I'm locked up inside the cells."

That doesn't matter because we still know that our body prison has a major effect on our ability to advance on the higher planes as I've already explained. I know of an expert astral traveller who can achieve that godly state in the astral plane that I've talked about but that person is dealing with preventable and treatable issues that have been preventing them to get to that state for a long time now and these issues wouldn't have been there if they were following a healthier lifestyle.

This example by itself proves everything that I am talking about. As mentioned before, if one doesn't get their mind right and their brain health and mental health right, it's near impossible to get their physical health right especially in the long run while consuming death, discrimination, violence as well as cholesterol, saturated fat, trans fats, animal protein, heme iron, IGF 1, stress hormones etc. on a daily basis. If one is dealing with [heart disease](#), [cancer](#), [type 2 diabetes](#), [kidney disease](#), [liver disease](#), [gallbladder disease](#), [diverticular disease](#), [migraines](#), [dementia and Alzheimer's disease](#), [osteoporosis](#), [obesity](#) etc. then it's easy to see how they'll have a worse life experience thus worse suffering & death experience thus potentially have a worse exit plan experience as well. These diseases that I've mentioned have scientifically been proven over and over again to be preventable, treatable and reversible by a whole foods plant-based diet.

According to a plethora of scientific evidence, most [meat](#) (including [fish](#)), [dairy](#) and [egg-eaters](#) will get cancer, osteoporosis or diabetes while more than 50 percent will have a non-genetically-induced heart attack or stroke, while again, the strict whole-foods plant-based diet is the only diet that has been scientifically proven to help prevent 14 of our TOP 15 causes of death, treat 9 of them, and reverse the progression of disease on 5 of them including our TOP 3 killers.

These are just some hard-core facts that are proven to be true and if one can't see how the people who are already suffering from these diseases or will inevitably suffer from these preventable diseases due to their animal-based diets will clearly have a much worse life experience as well as harder spiritual experiences, then I don't know what else to tell them. As mentioned [here](#), the longest living healthiest people are vegans and vegans on average live 12-14 years longer while being way healthier in their older ages and most don't have to suffer from horrible preventable diseases in their last 10-50 years.

"I believe this is due to an improperly formed amygdala."

If you checked the document I linked, then you should know that arachidonic acid levels in food affect inflammation levels in the body which affects depression while [a vegan diet resulted in 30% lower inflammation levels](#) in people. I've linked many studies in that document to show how high-carb diets like plant-based diets are proven to help with depression and how a diet high in protein and animal foods can [limit serotonin production and limit tryptophan from entering the brain](#) which is clearly worse for depression. There is just [too much info out there](#) to prove what's really going on with diet's effects on depression. To put it simply: A healthy brain = a healthy amygdala response. The plant-based diet is the [best diet for brain health](#) and [mental health](#).

[Antioxidants](#) and an [anti-inflammatory diet](#) like a plant-based diet have amazing effects on depression as proven by strong evidence. Please look into the document I linked on my original comment to see the rest of the evidence that proves why a plant-based diet is the best thing out there for helping with depression when it comes to diet. I have linked 5 different studies in that document which prove how high antioxidant diets are associated with less depression but [there are way more things to prove](#) that the plant-based diet is without a doubt [the best diet to fight against depression](#).

"How is avoiding depression conducive to feeling like this planet is a prison?"

The same thing again, avoiding depression will give one a better life experience where they can better focus on their research or other things like lucid dreaming and astral projection, deep meditation etc. while being healthier which I believe will clearly help one with their exit plans as mentioned before. Severe depression leads to many horrible things like suicide or heavy stress which helps builds disease in one's body etc.

"There is a lot of evidence surfacing that points towards aluminum being linked to Alzheimer's, so avoid products containing aluminum - especially childhood vaccines."

Childhood vaccines suck and they prove the horrible matrix system we live in but the [highest levels of dietary aluminum are found in cheese](#) actually as the dairy industry adds aluminum into cheese. That's the number one source of aluminum in one's diet (and almost everyone is addicted to it since it has a kind of morphine compound called casomorphins.) One grilled cheese sandwich is basically equivalent to consuming a dozen aluminum-containing vaccines when it comes to aluminum levels.

"Alzheimer's is also caused by amyloid buildup in the brain."

"Alzheimer's disease victims have higher levels of copper in their blood and the animal-based copper with saturated fat and trans-fat has shown to be the main problem. Alzheimer's-diseased brain tissue, the amyloid plaques correspond to copper hotspots and copper makes amyloid plaques more toxic. Diet-induced high cholesterol "has been shown to increase the formation and progression of [amyloid] plaques in the brain." As well, "dietary copper may interfere with the clearance of [amyloid] from the brain and may further promote [the plaque] accumulation that results from elevated cholesterol levels." Copper has been shown to interact badly with amyloid, causing its clumping and the production of hydrogen peroxide, a potent pro-oxidant neurotoxin." [\[Sources Cited\]](#)

And then:

"Traditionally, there have been two competing theories for the cause of Alzheimer's: the amyloid cascade model that implicates the buildup of amyloid plaques within the brain, and the vascular model, which argues that it is the lack of adequate blood flow to the brain due to atherosclerosis. We now realize they are not mutually exclusive, and that arterial disease can set up a vicious cycle, in which atherosclerotic plaques in the arteries may contribute to Alzheimer's plaques in the brain.

And now we have high-tech PET scanning of the brain that can directly correlate the amount of so-called bad cholesterol in our blood with the amount of amyloid buildup in our brains. You can do it right in a petri dish. Adding cholesterol makes them churn out more of the amyloid that makes up Alzheimer's plaques, whereas removing cholesterol can decrease the levels of amyloid released from the cells.

In addition, amyloid degradation is less efficient in a high cholesterol environment. Cholesterol can then help seed the clumping of the amyloid. Using an electron microscope, you can see the clustering of amyloid fibres on and around little microcrystals of cholesterol." [\[Sources Cited\]](#)

"Oxidized cholesterol in the diet is a source of oxidized cholesterol in the human bloodstream, where it can readily cross the blood-brain barrier into the brain. This could then trigger inflammation inside the brain and the buildup of amyloid "years before the impairment of memory is diagnosed." "Increased oxysterol concentrations in the brain may promote cellular damage, cause neuron [nerve cell] dysfunction and degeneration, and could contribute to neuroinflammation [brain inflammation] and amyloidogenesis," the formation of amyloid plaques." [\[Sources Cited\]](#)

Cholesterol which can only come from animal products is [one of the main causes of Alzheimer's disease](#).

Also, the document I linked in my original reply proves how the plant-based diet is the only diet that can help reverse dementia and Alzheimer's disease.

"The problem I have is when people on here say that "astral projection/lucid dreaming/OBE's are the most important thing one can do to help them successfully break free from the reincarnation soul trap"

I totally understand where you are coming from and I hate the defeatist mindsets as well since that can definitely prevent one from achieving their "escape". However, none of us know what

will be the thing that will get us to escape at the end of the day and it's not like sitting around and reading 1000 more NDEs will do anything to help us too much with that so one may as well try to get better with astral projection and then trying to experience that godly state (most of the astral projectors hasn't achieved this state, including the ones you talk about) which once done, I believe that will help everyone get rid of their defeatist mindset and will surely help them have a smoother & better exit from the matrix.

Plus, who knows, maybe astral projection mastery is much needed when it comes to our exit as well. Better safe than sorry. I think there is no way that being a better astral projector can hurt us with our exit plans and I believe it should be easy to see how it could help us with our exit plans. With my talk with Mark from FCRC, I've talked about the easiest & simplest methods of lucid dreaming and astral projection so none of us will have any more excuses to not focus on this important issue anymore. Focusing on the drama show distractions of our Metaverse cartoon world clearly won't help us with our connections to our true selves. Dreaming and astral planes are also filled with distractions that try to prevent people from discovering their godly form and powers. I've talked about this in much more detail on here. Also, many people get lost in the (distraction and trickery) sauce of the astral planes as I've talked about here.

"Ok, well I choose understanding over knowing!"

I choose all and I'll achieve all while others keep talking about the system-fed distractions and "what if" scenarios.

"why is it that vegans seem to always be trying to sell everyone on how great the vegan diet is? You never see meat eaters trying to convince others how great eating meat is."

Come on now man... I guess you've forgotten about the decades-long propaganda from multi-billion-dollar meat, dairy and egg industries that still continues to this day. The ads from these industries have always been literally everywhere, it's impossible to miss them! Most of fast-food places and restaurants are all about advertising their animal-based products for the majority of the food items they sell for the longest time. Also, I guess you've never heard of the Atkins diet, paleo diet, ketogenic diets, raw meat diets etc. and those people try to sell their bullshit diets to death.

When you and those people show me one other diet in the world other than the plant-based diet that can prevent 14 of our 15 TOP killers, treat 9 of our TOP 15 killers and reverse the progression of disease in 5 of them including out TOP 3 killers, only then your question will make some sense when it comes to the health aspect of things. The longest and healthiest living people, the Californian Vegetarian Adventists are filled with vegetarians and vegans for a reason while vegans in that group do much better than vegetarians overall.

"why do vegans exhibit so much vitriol towards meat eaters?"

Not all vegans do that for all meat eaters but the ones who try to defend their needless actions with logical fallacies because of their taste buds are clearly not much different than the so-called archons. I could ask a similar question to you that will hopefully make you better understand vegans: Why do humans exhibit so much vitriol towards dog eaters? Or what about; why do people in soul trap communities exhibit so much vitriol against archons? Vegans are just trying to speak for the animals who can speak in our language. I think you would answer your own question super easily if you were put in the same situation as the animals you eat on daily basis.

"Is it because meat eaters still enjoy the wonderful feelings of elation and euphoria that eating meat provides them with?"

What an utterly ridiculous question that I am not sure if I should be surprised to see from you but please realize that %99 of vegans were non-vegans before. Basically, we've all eaten animal products before and got addicted to their taste like most others but we don't trade the (in only some cases at most) %10-20 reduced taste via the plant-based alternative with an animal's life at every meal.

"I feel like going vegan would cause me to suffer more mentally by depriving myself of one of the good parts about living here."

A high percentage of foods that everybody eats regularly are vegan. Bread, pasta, rice, cereal, soups, many brands of cookies, chips/crisps, fries, spaghetti, roast vegetables, baked potato, curries, stir-fries, many pastries, donuts and so on, can all be vegan without you even realizing it. But on top of this, with a little research, you can find simple alternatives to anything you want, or just swap out a single ingredient in a recipe and you can continue to eat what you already were pretty much.

You might have tried a brand of non-dairy milk and disliked it - there are hundreds of brands of milk made of different things like almond milk, soy milk, oat milk, coconut milk, hazelnut milk, rice milk, flax milk, quinoa milk, cashew milk, sunflower seed milk, hemp milk, pistachio milk, pecan milk etc. Some are sweetened, some are not - but please try them in context. Whether that's in your cereal or in your coffee, once it's in there you will find that any difference is negligible. Similarly, with any other substitute, you may have tried - cheese, meat, anything. There are so many brands, don't discount them because you had one bad experience before.

"personally, and eating meat makes me happy."

Sure, but will dealing with sickness and preventable illnesses will make you happy too? I doubt it. However, have you ever tried the realistic plant-based alternatives like Beyond Meat and Impossible Meat etc.? My brother went vegan because of that two years ago when he realized that he wasn't losing basically anything on taste compared to the animal alternatives. I won't claim these alternatives healthy of course but compared to their animal-based versions with cholesterol, animal protein, heme iron, IGF 1, stress hormones and a lot of saturated fat, trans fats etc. they are at the very least a better option.

Also, please check this document on the unproven claims against soya beans. At the end of the day, meat is often seen as just being a type of food. But it is a dead body, of a once living creature. To say "I just like the taste" is to say "Killing is justified if I like the flavour of the dead body". If we follow through with this, then somebody would be justified in killing your pets if they liked the taste, which surely nobody would agree with. Or even extend it to humans and say that if someone likes the taste of human flesh, then it's fine to murder people. Taste is just not a good justification and it shouldn't deserve any respect by vegans.

"Being superior to others is a natural and necessary aspect of existing in this world, but feeling superior to others because of your personal choices is not a good look, either."

Not all vegans are like that I don't like seeing bad attitudes from some vegans like yourself but at the end of the day, veganism is morally superior. There are no ifs and buts about that one.

When it comes to the superiority complex, however, non-vegans are MUCH worse as shown by comics [here](#) and [here](#).

"meaning perhaps some people are inhabited by archons."

That's definitely clear to see, especially since vegans are around %1 of the population as well. After all, not being empathetic to animals' unnecessary loosh situation is more of an archonic behaviour than being empathetic to animals' situation via not supporting and consuming their loosh.

"In addition to that, humans are created "in God's image", so humanity's behavior is aligned with the nature of our creator."

Sorry but I don't believe in any religious beliefs like that on my end. I do not belong to ANY creator. I am a sovereign eternal Prime Creator, always was and always will, and no one, no being, no consciousness is above me and cannot tell me what to do as I am under no law. Both the so-called gods and their nature can go f themselves as far as I am concerned.

"but I personally don't see the use of trying to work against our own nature."

Actually, humans physiologically are basically frugivorous rather than omnivores and we are all born vegan before government-funded animal products are shoved down our throats to make us addicted to them.

All genuine carnivores and omnivores eat an animal's eyes, nose, face, toes, tail, anus, inner organs, blood, brain, skin and fur UNCOOKED. Humans have to cook certain parts of the dismembered animal so we don't become violently ill. That unequivocally makes us fake carnivores/omnivores so there goes that "our nature" theory out of the window.

Plus, it is untrue that people only do things that you consider to be natural a lot of them use the internet, a car or a bus or a plane, and so on. They use modern technology and do various other things that cannot be called natural. Likewise, there are other things that are natural that they avoid since nature is pretty cruel, and we actually live life in modern society trying to avoid the perils of nature.

"I feel like this kind of attitude doesn't necessarily help out this subreddit"

I completely disagree as I think it adds to the conversation and I believe trying to stop the open conversation on this like you are doing is the kind of attitude that does not help out this subreddit.

"How can it be wrong to eat meat when we have to eat to survive"

This is simply false as proven by all the hundreds of millions of vegans in the world and once again, a strict whole food plant-based/vegan diet is the healthiest diet in the world.

"This is not what I'm suggesting. I'm suggesting that there are two places: the original, divine creation and this corrupted one."

Please refer to my "Why is This Earth Being Hijacked and Tartaria Narratives are Dangerous?" document that I linked inside my main soul trap document for this.

"Many of these animals live wonderful, happy lives and they have one bad day."

That's completely wrong actually but once again; regardless of the fashion of execution, there isn't a justification for taking the life. It is still taking the life of a sentient being, for your enjoyment ultimately since the reason for killing animals in modern society is for the enjoyment of eating their dead body. That surely is not a justification for taking life. If somebody killed your companion animal, I doubt you'd say "that's fine because you did it humanely"

Also, there is a misconception that animals get to "live out their lives" and then get killed. Animals get killed as soon as their purpose is served, or as soon as they reach a profitable size, which is at a fraction of their potential lifespan. The very definition of grass-fed/organic/free-range animals is actually very loose and can vary wildly. It doesn't mean that the animals have any kind of quality of life necessarily, it just means the farm has to meet some arbitrary requirements to earn that title.

"So, it is better for the animal to have never been born at all"

Bringing a life into the world does not justify taking it. And think this through - in the egg industry, as soon as males are hatched, they are killed. Immediately. Did you really do that chicken a favour by bringing them into the world, to then immediately be killed? Nobody can seriously say yes to this, but that is precisely what is going on every day, and you fund that if you buy eggs.

Animals bred for meat are killed as soon as they reach a profitable size, which will typically be a few months old, or about a year. You didn't do that animal any favours.

Finally, let's extend this to animals besides livestock. You have a dog, they're pregnant. Does that mean you can slit the puppies' throats because you were the one who arranged for your dog to get pregnant? Of course not, it's nothing to do with it.

"he can survive drinking some bovine lactate mixed with cow pus and blood. Mmm... Yummy!"

Wow, now you've shown your true (archonic) colours ha, how childish... For some reason, I am not surprised and you've just proven everything that I talked about.

Just so you know, in the dairy industry, only females are required because males don't produce milk. Like all mammals, cattle produce milk to feed their young once they give birth. It is a misconception that cows just produce milk non-stop, they do so only once impregnated. In the dairy industry, the calf is taken away from the mother in most cases immediately. As such, the mother will be producing milk, and in the absence of her child, will "need to be milked". This is no justification for the process of course. If you were to kill a woman's baby boy while she was trying to breastfeed him, you could hardly claim to be doing her a favour by then stealing her milk because it "needed to be done". The whole process doesn't need to be done.

Plus if the calf is a male, he will be slaughtered. Either he is culled immediately, or he is sold into the veal industry and then killed after a few weeks of living in confinement, or he is sold into the beef industry and killed as soon as he reaches a profitable size, which will be about one year old. If the calf is female, typically she will be removed from her mother so that the milk can be stolen, and then she is used in the same manner. Once a mother's milk production is less profitable, she has her throat slit. That generally happens after two milking cycles, when she

would be around six years old. The average lifespan of a cow is about twenty years. I bet if your son knew about all of this, he'd think differently than you.

"we should not be trying to save the world or each other, but only ourselves as individuals."

And as proven with all of my responses to you, a healthy whole food plant-based does a lot to help an individual in their journeys. Reddit has blocked some of my comments and I had to deal with trying to make them post over and over again without the links so I can't spend any more time on this. Plus, it doesn't seem like we'll agree on much of anything and your attitude does not deserve one second more attention from me so this is all I can do for you. Peace!

I may as well include another argument of mine with another Redditor which is also related to the veganism topic so that you can see how illogical people get when they are discussing the veganism issue just like how illogical New Agers get when discussing the soul trap issue.

This argument happened below [this post](#) which included the [Dominion documentary](#) that I'd say is a must-watch for any adult to further realize what kind of pure evil exists in this place and how most people unknowingly support it.

Someone commented this below that post:

"Archons and evil spirits see humans as lower beings who they can feed on, just like we do with animals."

and I replied with this:

Exactly, the connections between archons consuming loosh and humans consuming animal products are definitely there. I had a chance to deep dive into this topic with Mark from Forever Conscious Research Channel between the [5:49:51 - 6:23:00 minute marks of this video](#).

Also, the multi-billion dollar meat, dairy and egg industries making people addicted to animal products also help the system potentially get way more loosh than they could ever get considering the 150 billion animals they kill every year for human consumption and the [health consequences people face from consuming animal products long term](#).

Before anyone [says it](#), non-vegans indirectly consume around 16 times more plants than vegans and I've dived deeper into the "but plants though?" argument [on here](#). People can keep their "[I only eat free-range humanely raised and slaughtered organic grass-fed loosh](#)" talk too.

I've heard someone actually mention below Mark's video that veganism is just another prison mindset which didn't make much sense to me and [this was my response to that claim](#) for those who'd like to see it where I've also dived further into other conspiracies about [veganism](#) that's coming from the [so-called conscious](#) communities.

and then someone else replied to my comment with this:

" I completely disagree. First off I'm not evil. Most humans are not evil. So for you and the vegan police to assume it's the same, seems more like its based off of emotion and

not logic or facts. I don't create loosh off of negative energy, I don't abuse animals, children and I am also not an elite that consume for pleasure due to others expense. Who are you to say then, that we do the exact same things with animals? Last time I checked, animals and humans still co-exist with love and support. Maybe like the select few in the video, who are corrupt and jaded... but don't incorporate all humans, because we are all different. Humans eat plants and animals (both living things). Animals eat plants and animals (both living things). This is the law of nature. Archons soul harvesting, creating loosh off of evil doings and tempting those in control to go against us... I'm sorry but it's not the same. It's far from it."

and this was my reply:

"First off I'm not evil."

Tell that to the animals who suffered and died because of your momentary enjoyment & taste buds. Archons saying "I am not evil for creating the suffering scenario for humans and then taking their loosh" doesn't really tell us much does it?

"the vegan police to assume it's the same.... Who are you to say then, that we do the exact same things with animals?"

I didn't say it's the exact same thing, I said the connections are definitely there which is obvious and undeniable. If you can't see that and you are annoyed by my comparison, then it's not me, it's your conscience speaking.

"I don't create loosh off of negative energy"

Your choices help the system create massive amounts of loosh. 150 billion animals are being killed every single year for human consumption and [many people are suffering from health consequences due to eating dead animals](#) which is also creating a lot of loosh for the system. It doesn't matter if you can see that or not.

"I don't abuse animals"

Again, tell that to the voiceless victims you directly funded to be abused for no reason other than your enjoyment. Also, [what difference does that make if you are not the one who is doing the killing?](#) By that logic, is the person who hires a hitman to kill someone not to blame because they didn't abuse the victim themselves? If you are eating animal products, you are funding the immense suffering and death of animals, period. The fewer people who buy something, the less demand there is. Animals are not being bred and killed regardless of demand. It's simple math really.

"Last time I checked, animals and humans still co-exist with love and support."

Not on the factory farms. For example, in the egg industry, only females are required because males don't lay eggs. As such, in the breeding process, the males and females are divided when they hatch, and the males are killed immediately as they serve no purpose. Subsequently, their sisters go on to be kept in captivity until their egg production is no longer profitable to the farmer, at which point they have their throats slit. This is generally at around one or two years old. The average lifespan of a chicken is eight years.

And in the dairy industry, only females are required because males don't produce milk. Like all mammals, cattle produce milk to feed their young once they give birth. It is a misconception that cows just produce milk non-stop, they do so only once impregnated. As such, when a male is born, he will be slaughtered. Either he is culled immediately, or he is sold into the veal industry and then killed after a few weeks of living in confinement, or he is sold into the beef industry and killed as soon as he reaches a profitable size, which will be about one year old. If the calf is female, typically she will be removed from her mother so that the milk can be stolen, and then she is used in the same manner. Once a mother's milk production is less profitable, she has her throat slit. That generally happens after two milking cycles, when she would be around six years old. The average lifespan of a cow is about twenty years. I don't know about you but the treatment of animals seems pretty archonic to me...

"Maybe like the select few in the video, who are corrupt and jaded..."

Clearly, you don't know much about what's going on in the factory farming industry. Plus, regardless of the nature of their lives before slaughter, farmed animals get sent to slaughter. There is a misconception that animals get to "live out their lives" and then get killed. Animals get killed as soon as their purpose is served, or as soon as they reach a profitable size, which is at a fraction of their potential lifespan.

"Humans eat plants and animals (both living things). Animals eat plants and animals (both living things)."

Firstly, tens of millions of vegans don't eat animals and last time I checked vegans were humans too :) When it comes to plants, they do not have pain receptors, a central nervous system, nerve cells, or a brain, which means they lack anything that neuroscientists know to cause sentience. A cow for example has a cerebrum, cerebellum, spinal cord, brachial plexus, radial nerve, ulnar nerve, meridial nerve, palmar nerve, femoral nerve, sciatic nerve, peroneal nerve, tribal nerve compared to a cucumber which doesn't have any type of machinery for registering pain. [More details on that are here.](#)

Plus non-vegans indirectly eat around 16 times more plants as well. In America, 70 to 80 percent of all corn, wheat, oats and soy are fed to the 10 billion land animals that are killed annually. Globally, 35 to 65 percent of the world's plants are fed to 60-70 billion land animals killed annually.

And animals eating other animals doesn't concern us if you don't want to take moral guidance from lions. Humans also have no biological need to consume meat or any animal products. [I've written more about this argument here.](#)

"Archons soul harvesting, creating loosh off of evil doings and tempting those in control to go against us...I'm sorry but it's not the same."

Nobody said it was exactly the same thing, you've decided to understand it that way because of your conscience being bothered by your actions after people pointed out the similarities between "archons" and humans. You are crying to the wrong person, speak to your own conscience first.

Animals are put on factory farms where all they know is the factory farms like the earth is to humans and our energy is being harvested via many orchestrated sufferings here just like what non-vegans humans do to animals. The connections between archons and humans are clearly

there when it comes to archons farming loosh from humans on earth and humans farming loosh from animals on factory farms. From animals' perspective especially, humans are the big architects&demiurge of factory-farmed animals. No ifs and buts about that.

Then he replied with this:

"So when you buy a house made of lumber (trees), you are not the one destroying the forests but by your definition, you believe everyone who owns a house contributes to the forests destruction correct? Do you drive? What about everyday fuel for the car you drive which in turn kills millions of animals due to oil spills in the ocean. You are a hypocrite to think that you do not contribute as well. You can go on and on but you are also part of the problem you stand for. It's one thing to do what we can, to stop corruption and abuse. It's another to point the finger at a particular group and say "your the problem" yet you also partake in things that could be avoidable. Extremist views are never logical. Your argument is invalid due to your own beliefs."

and this was my response to that:

Ah so now arguments are changing a bit and now you are saying "you are not perfect either." Well firstly, I've never said I was perfect or veganism was perfect when it comes to eliminating all the suffering. You keep misunderstanding everything and assuming things and basing your opinions on that.

Let's start with the definition of veganism according to The Vegan Society:

"Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."

Now nowhere in that definition, you'll find that veganism is about perfection and that it eliminates all of the suffering. However, it's about causing the least amount of suffering, for as far as is possible and practicable.

When it comes to your house made out of trees example, there are things that we can't avoid but that don't make it so that now we have to unnecessarily cause harm to other intelligent sentient beings. You could easily change what you put in your body 1-5 times a day.

With the example of the trees cut to make houses, animal agriculture for example is responsible for up to [91% of Amazon destruction where 1-2 acres of rainforest are cleared every second](#) and the [leading causes](#) of rainforest destruction are [livestock and feed crops](#).

According to statistics, up to 137 plant, animal and insect species are lost every day [due to rainforest destruction](#) and 136 million rainforest acres are cleared [for animal agriculture](#).

Now considering what you said about driving and oil, know that based on the research: A person who follows a vegan diet produces the equivalent of 50% less carbon dioxide and uses 1/11th oil, 1/13th water, and 1/18th of land compared to a meat-eaters. [\[Source\]](#) and since you brought up the oceans:

Animal agriculture is [the leading cause](#) of species extinction, ocean dead zones, water pollution, and habitat destruction.

and livestock operations on land have created [more than 500 nitrogen flooded deadzones](#) around the world in our oceans.

Plus 3/4 of the world's fisheries are exploited or depleted and based on the statistics, we could see fishless oceans by 2048. Now 90-100 million tons of fish are pulled from our oceans each year and as many as 2.7 trillion animals are pulled from the ocean each year. [For every 1 pound of fish caught, up to 5 pounds of unintended marine species are caught and discarded as by-kill.](#) and as many as 40% (63 billion pounds) of fish caught globally every year are discarded and scientists estimate as many as 650,000 whales, dolphins and seals are killed [every year by fishing vessels](#).

Lastly, 40-50 million sharks are killed in fishing lines and nets and this is all because of fishing and people who eat fish supporting it and once can easily stop eating fish which is [very unhealthy to begin with](#).

"It's another to point the finger at a particular group and say "your the problem" yet you also partake in things that could be avoidable."

As I've easily demonstrated, none of the things you mentioned cause anywhere near the harm that eating animal products causes which as proven by tens of millions of vegans, it's very easily avoidable, unlike the things you talked about. However, one can do both too.

"You are a hypocrite to think that you do not contribute as well."

So, this is the thing; I believe killing cows, pigs, chickens, turkeys, fish, and other animals for breakfast, lunch and dinner is one of the vilest things that has ever existed since it's unnecessary in this day and age for the majority of the population! Nothing else comes close to the havoc and horror these creatures go through. Since every year 60-85 billion land animals and 90 billion marine animals are unnecessarily stabbed to death worldwide annually by the meat, dairy and egg industries, it is wise to eliminate the most superfluous amount of cruelty and injustice with the least necessity first.

Humans have a horrible habit of focusing on 2% of a problem rather than 98% of it like you've been doing this whole time. When environmental and health issues are added to the ethical reasons for living the vegan lifestyle, eradicating speciesism as the main goal makes the most sense to me. But let's say you would still rather focus on 2% of the problem because you don't care about animals, your health or the environment. If that's the case, you're a **massive hypocrite** because of all the anti-oppression, anti-suffering positions you demand for humans when it comes to the reincarnation soul trap etc. you wholeheartedly deny the same for the animals.

Don't you think animals want to be free, too? And not marginalized and commodified, and mass murdered, and have their babies stolen from them? How come when animals are victims, you proudly turn into an inbred hillbilly cousin of the Duck Dynasty family who all of a sudden becomes dumbfounded with the concept of right and wrong? Are you really telling me it is necessary for you to eat bacon and cheese and steak while fighting for the %2?

I am pretty sure you are all talk and no action when it comes to the issues you mentioned, like most people, which means your comment is nothing but another excuse to do nothing. And doing nothing has never made the world a better place nor made anyone prolific, ethical, kind or relevant. You should try doing something important by becoming vegan instead of being another mindless robot who follows the orders of organized religion, government, parents, teachers, cops, politicians, media and the multi-billion-dollar meat, dairy and egg industries that are causing the most suffering (loosh extraction) in the world.

I've already told you just what only one person makes on the planet if they switched to a vegan diet and interestingly and quite ironically the one thing that actually helps the most number of humans along with animals and the planet is also the one thing that we have the most control over and it's the easiest change we can make, it's just what we eat! Minimum effort maximum impact.

"Extremist views are never logical."

[I don't believe anything I've said or the comparisons I've made were extreme](#) at all but most of what you said have been very illogical as I've demonstrated. Also, what is the extreme thing about veganism to begin with because non-veganism and killing 150 billion animals needlessly every year sounds the most extreme thing to me instead of eating simple healthier whole foods and plant-based alternatives?

"Your argument is invalid due to your own beliefs."

I believe I've demonstrated clearly why all of the claims you've made didn't make any logical sense at all but if you got anything else, please let me know and I'll make sure to respond when I can.

Then he replied with this:

"If you want to make a point, I strongly suggest coming to a straight forward answer. Im not going to read a novel. Less is more, you know? You even misread my last comment, which goes to show you that you don't listen well, but just force loads of information instead (some not even related). When did I say anyone was perfect? Where did that come from? I could send you stats as well from a radical view. It still doesn't mean you are right. I want you to go hang out with the lions out in South Africa. Tell them your feelings and see if they agree with you. Also stop avoiding certain points and highlighting others. This makes it seem that your desperate now to prove your point. For example, by your definition, you drive a car, you support the oil industry, which in return kills millions of animals. Or how about... Habitat destruction, fragmentation, and modification caused by human-led activities (i.e., industrial and residential development, logging, crop farming, livestock grazing, mining, road and dam building, and pesticide use). But the food industry... yes, everyone understands that it's corrupt, just like the rest of the World. But it's not just the food industry. That's the point. And for you to tell me what's evil, when you also partake in things that harm animals, yes you are a hypocrite."

and this was my response to that:

Now I feel like I am talking to an NPC as clearly you just avoid most of everything I've said and I don't think I'll waste more of my time with you but I'll try one last time:

"You even misread my last comment, which goes to show you that you don't listen well ... When did I say anyone was perfect? Where did that come from?"

I've been a vegan for 10 years and I've debunked hundreds of non-vegans' claims before. Once you started making the claims you did with the houses made of wood, driving, fuel etc. it's OBVIOUS to see that you are making the claim about how I am not perfect by being a vegan, if you can't see that then that tells us a lot about your intelligence but you already demonstrated the lack of that in a big way so far when it comes to veganism.

"I want you to go hang out with the lions out in South Africa. Tell them your feelings and see if they agree with you."

[Humans have no biological need to consume meat or any animal products.](#) When animals kill other animals for food, they do as they must, in order to survive; they have no choice in the matter. If you live in a modern society and have access to crops, vegetables, fruit, grains etc., then you have no obligation or need for animal products.

Plus, lions exhibit all kinds of behaviour that you would seek to avoid, for instance, violent territorial disputes, and male lions will kill the cubs of a female he wishes to mate with because she won't mate while she has cubs around. Animals who kill other animals are not good ethical role models. Factory-farmed animals are killed for the enjoyment of eating their dead bodies/corpses. It is not a matter of survival, as proven by all the hundreds of millions of vegans in the world.

"Also stop avoiding certain points and highlighting others. This makes it seem that your desperate now to prove your point."

I believe I've responded to everything that I needed to respond to already and if you want me to respond to anything specific then please go ahead and let me know.

"For example, by your definition, you drive a car, you support the oil industry, which in return kills millions of animals."

I don't actually drive a car so your assumption is wrong once again. Plus, when did making two wrongs made a right? You ignoring everything I've said about this and still making the same useless claims comes off as too desperate at this point.

"Habitat destruction, fragmentation, and modification caused by human-led activities (i.e., industrial and residential development, logging, crop farming, livestock grazing, mining, road and dam building, and pesticide use)."

And how do you supporting the torture and death of animals help with any of that again? This is the same thing as focusing on the %2 of the problems that you can't fix while ignoring the %98 of the problem that you can directly have an effect on which I've already talked about but you ignored all of that full. I know you will never get this point which is why I know I am wasting my time here big time but oh well.

"But it's not just the food industry. That's the point. And for you to tell me what's evil, when you also partake in things that harm animals, yes you are a hypocrite."

It's clear you are the biggest hypocrite here, to begin with. I am doing my best to cause the least amount of suffering while you hide behind your illogical claims about veganism and try to turn two wrongs into one right. I've actually never met a bigger hypocrite than you if I am being honest. How can one not see the evil nature behind unnecessarily supporting the imprisonment, torture and death of animals is just beyond me and then you call the one who does his best to not do that a hypocrite lol. That's just too pathetic. This is exactly like debating with an archon to not cause suffering for humans to take their loosh.

then he replied with this:

"Instead of 'TheVeganSkeptic' you should change it to 'TheVeganNarcissist'. That would be more fitting."

Then to that I decided to reply with this:

lol you are just butthurt about someone demonstrating how all of your arguments were illogical and you couldn't come up with answers so now you turn to insults. How cute!
Instead of "deadbutbreathing45" you should change that to "deadinthebrainbutliving15"

Then he said:

"Try to get the numbers right next time."

which I decided not to respond to as it wasn't worth my time to engage any longer with him.

What About Sv3rige's Malnourishment Claims?

I've noticed that a lot of people in the soul trap community are coming from the flat earth community, especially after Eric Dubay's [video on the soul trap](#). Sv3rige is also a known person in the flat earth community and because of that, I've seen some people in the soul trap community who also follow Sv3rige and his advice to eat raw meat. Sv3rige has many compilation videos on "malnourished vegans" and many people have sent them to me on Reddit and Discord so I decided to debunk his claims.

Here is how I think on this topic, based on everything I've seen and experienced over the 10 years that I've been a vegan, I know for a fact on my end that a whole foods plant based & vegan diet is the healthiest diet for human beings, which is why I made [this video on Youtube](#), and I'll go further into explaining why I believe this because this is important to understand before I explain what I truly think about people who suffer health consequences after going vegan:

I believe that just like animals who follow a certain diet live without sickness and diseases for the majority of their life, especially without many famous diseases we know of like diabetes, cancer etc., the same is true for a healthy whole food plant-based & vegan diet when it comes to humans because when it comes to our **TOP 15 Causes of Death** a whole-foods plant-based diet is **the ONLY** diet that can help prevent 14 of them, treat 9 of them, and reverse the progression of disease on 5 of them including our **TOP 3 killers**:
<http://nutritionfacts.org/video/uprooting-the-leading-causes-of-death/> (All Sources Cited)

Vegans are also the only people who are in perfect healthy body weight:
<http://www.ncbi.nlm.nih.gov/pubmed/19351712>

And the blood circulating in vegans fights cancer nearly **8 times better**:
<http://www.ncbi.nlm.nih.gov/pubmed/16094059> and <https://bit.ly/3syTvrY>

Plus we know that there are 5 places in the world where the healthiest and longest living people live and these places are called **the blue zones**. They all have one thing in common which is they eat a %95 meat-free diet but the ones who are healthiest and live the longest, the **Vegetarian Seventh-Day Adventists** in California, eat a %100 meat-free diet. They live 10 years longer than an average human being:
<http://www.ncbi.nlm.nih.gov/pubmed/11434797>

Now the interesting thing with the Californian Adventists is that they also have a %20 vegan population and in the long follow-up study they compared vegetarians with vegans and the vegans were determined to have much better health and way fewer chronic diseases in their old age:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144107/>

Plus we know that the new generation of Okinawans who switched their diet from the plant-based diet now [suffer many health consequences](#).

Low levels of cholesterol and oxidative stress from plant-based diets are **strongly implicated** in longevity and Okinawans happen to eat very little meat and their dietary staples are purple and orange sweet potatoes:

<http://goo.gl/Dl6mds> and <http://goo.gl/bymp2c>

Check out the 100 years old vegan **Dr. Ellsworth Wareham** who was one of the Seventh-Day Adventists in California:

<https://youtu.be/hGQTpxjbwaM>

At his age, He **STILL** drove his car easily, **STILL** did his own yard work, **STILL** walked regularly, **STILL** had a great memory and he retired being a Heart Surgeon at the age of **95**! He didn't need any medication or doctors to continue living! It's hard to find people like him who did what he did but there are many healthy elderly people like him who follow a whole foods plant-based diet, unlike people like Sv3rige would make you believe:

<https://goo.gl/tp1f18>

To top all of this, there is a documentary named **Forks over Knives** that [I recommend anyone to watch](#) as it involves the world's most largest comprehensive dietary scientific study ever undertaken, *The China Study*, based on a meta-analysis of the relationship between the consumption of animal products and the risk of developing disease which followed 100,000 people over 27 years. After the study was over, medical doctor T. Colin Campbell, PhD. concluded that people who eat a whole food, plant-based diet—excluding all animal products—can avoid, reduce, and in many cases reverse the development of numerous illnesses, including most of the leading fatal Western diseases. His report also examines the source of nutritional confusion produced by powerful lobbies, government entities, and opportunistic scientists. You can watch the documentary for free [here](#) and for those of you who think that The China Study has been "debunked", [check this out!](#)

And considering the fact that the nutrient density in one's body's tissues is proportional to the nutrient density of one's diet, when we look at the ANDI (Aggregate Nutrient Density Index) scores that are based on thirty-four important nutritional parameters which show the micronutrient (vitamins and minerals) density per calorie of food on a scale from 1 to 1000 (picture below), it's clear to see that plant-based foods with antioxidants, fibre, vitamins, minerals, phytonutrients, folate etc. compare WAY better to animal products.

<https://imgur.com/a/8t1TFKt>

In addition, based on scientific studies, non-vegans actually have more nutritional deficiencies than vegans as well:

<https://docs.google.com/document/d/1247mglUyi0RgLoclrBsfDbkBlvtkl5Uekl7JzdK3f4M/>

These two things I just mentioned alone prove that not only we can get everything we need from plants, but that animal products are actually less nutritious than plants to begin with which tells us a lot regarding the question of this article. If we can get every single nutrition we need from the plants, as well as fortified foods and vegan version of the animal product, and get all of this without getting any cholesterol, saturated fat, trans fats, animal protein, heme iron, IGF 1, stress hormones etc. then this debate is over and done with already.

Some companies even give out [cheaper life insurance](#) to vegans and I've heard about one country that give cheaper healthcare to vegan but forgot the name of the country.

According to a plethora of scientific evidence, most [meat](#), [dairy](#) and [egg-eaters](#) will get [cancer](#), [osteoporosis](#) or [diabetes](#) while more than 50 percent will have a non-genetically-induced [heart attack or stroke](#) while again, the strict whole-foods plant-based diet is the only diet that has been scientifically proven to help prevent 14 of our TOP 15 causes of death, treat 9 of them, and reverse the progression of disease on 5 of them including our TOP 3 killers.

In 2009, the **American Academy of Nutrition & Dietetics**, the U.S.'s oldest, largest and foremost authority on diet and nutrition, recognized that humans have no inherent need for animal products. In their public position paper on vegetarian and vegan diets, they wrote:

"It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or **vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases.** Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes. An evidence-based review showed that vegetarian diets can be nutritionally adequate in pregnancy and result in positive maternal and infant health outcomes. The results of an evidence-based review showed that a vegetarian diet is associated with a lower risk of death from ischemic heart disease. Vegetarians also appear to have lower low-density lipoprotein cholesterol levels, lower blood pressure, and lower rates of hypertension and type 2 diabetes than nonvegetarians. Furthermore, vegetarians tend to have a lower body mass index and lower overall cancer rates"

<http://www.ncbi.nlm.nih.gov/pubmed/19562864>

In 2013, leading U.S. health care provider **Kaiser Permanente**, with more than 9 million health insurance subscribers, published an article in its medical science journal recommending that physicians consider recommending a plant-based diet for all their patients. The article notes, "Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed food... **Physicians should consider recommending a plant-based diet to all their patients**, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity... Further research is needed **to find ways to make plant-based diets the new normal for our patients and employees.**"

<http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>

Dr. Kim A. Williams, SR., MD, the **PRESIDENT** of the American College of Cardiology, often sees patients who are overweight and struggling with hypertension, Type 2 diabetes and high cholesterol. One of the things he advises them to do is to change their diets. Specifically, he tells them to go vegan. He is board certified in internal medicine, cardiovascular diseases, nuclear medicine, nuclear cardiology, and cardiovascular CT. He also follows his own advice by eating a plant-based diet:

<http://goo.gl/RGjUdx>

"It was a patient's success reversing an alarming condition that motivated me to investigate a vegan diet. I thought I had a healthy diet... but a simple web search informed me otherwise. So, I changed that day to a cholesterol-free diet, using meat substitutes and within 6 weeks my LDL cholesterol level was down to 90. I recommend a plant-based diet because I know it's going to lower their blood pressure, improve their insulin sensitivity and decrease their cholesterol" - **Dr. Kim A. Williams**

The **editor and chief** of the American Journal of Cardiology **Dr. William C. Roberts**, MD, M.A.C.C asserts that coronary artery disease (the leading killer of men and women in United States) would not be possible without elevated cholesterol, which is elevated by trans fats, saturated fats, and

cholesterol, which are all found in animal based foods so cutting animal products completely out of your diet is your best defence against coronary artery disease:

https://youtu.be/SwE_hbhJdlI

"Human beings are not natural carnivores. When we kill animals to eat them, they end up killing us because their flesh—which contains cholesterol, saturated and trans fats—was never intended for human beings who are natural herbivores." - Dr. William C. Roberts

According to scientific studies, the tolerable intake levels for trans fat, saturated fat and cholesterol is **ZERO**:

<http://www.ncbi.nlm.nih.gov/pubmed/21521229> and <http://goo.gl/a2an4Q>

"A plant-based diet of fruits, vegetables, whole grains, legumes, and no meat reversed heart disease, completely prevented deaths from heart disease, and slowed the progression of cancer, and an almost identical diet is promoted by the **World Cancer Research Fund (WCRF)** to prevent cancer. WCRF recommends '*Eat mostly foods of plant origin... Whole grains and beans on every meal and avoid processed meat.*' After analysing the largest and most comprehensive review of scientific studies to date, looking at all the evidence that existed on preventing cancer through diet and lifestyle, WCRF estimated that 'If all factors are taken into account, cancer is a mostly preventable disease.' and **The National Cancer Institute** estimated that 50 to 75 percent of all cancer deaths can be prevented through diet and lifestyle."

<https://goo.gl/o07p9F> and <http://goo.gl/MiMske>

A report recently released by the **World Health Organization** (Leading International Publication on Health Signed by 61 Countries) warns that **red meats** (beef, veal, pork, lamb, mutton, horse, goat) and **processed meats** (hot dogs, processed poultry, ham, sausages, corned beef, biltong, beef jerky, meat-based preparations and sauces) **rank alongside cigarettes as a major cause of cancer**. After group of 22 expert scientists analyzed more than 800 studies on cancer they found that there is a **strong mechanistic evidence** red and processed meat have a carcinogenic effect. According to the findings, 50g of processed meat a day – the equivalent of one sausage or less than two slices of bacon – increases the chance of developing bowel cancer by 18 per cent:

http://www.iarc.fr/en/media-centre/pr/2015/pdfs/pr240_E.pdf and <http://goo.gl/qz3QG0>

Of course, when you search online, you'll see that the multi-billion dollar meat, dairy and egg industries that are heavily demiurge sponsored to gather potentially the majority of the loosh on this planet (considering 150 billion animals are killed per year for human consumption), you'll come across many of their publications to distract and deceive people from everything I mentioned here today (like people saying The China Study has been "debunked"

<https://bit.ly/3LcddQK>), but when we ignore them and just look at what we see with our eyes, that tells us the whole story.

People need to ask themselves, how come there's osteoporosis at all if we were supposed to get calcium from milk alone? How come there are so many TV commercials being run for calcium supplements. How come epidemiological evidence proves that people who consume the least amount of animal protein always have the lowest rates of osteoporosis and bone fractures? How come in the meat, cheese, milk, and egg eating societies that we all live in, every city has so many vitamin stores and vitamin sections? Nobody needs to see a medical study to show themselves what people are dying off and for the record, every study someone can produce showing that humans need meat, cheese, milk and eggs, I'll produce two. 2 to 1 ratio, showing that meat, cheese, milk and eggs are responsible for every major disease.

For example, I shared tons of scientific studies and sources in the document below that show why a whole foods plant-based diet is the healthiest diet in the world:

https://docs.google.com/document/d/1zKlrgizGNp_2tkeLaBG2RvM4pmn4nxleMfHkrsFxiq/

However, I say toss all of these studies out the window because we don't need them. All we have to do is pay attention to the meat, cheese, milk and egg-eating society that we all live in. How many of your family members and your friends' family members have a disease already, or have died already from a disease? Because I can't be the only one affected by this. What's the one thing we all have in common with each other besides the air we breathe and the water we drink? Meat, cheese, milk and eggs. Animal products all day long. And I know you can blame some of the cancers on environmental pollution, there's no doubt about that. But how are you going to blame [heart attacks and strokes](#) on environmental pollution? And [diabetes](#), [osteoporosis](#), [obesity](#)? The hospitals are FILLED with non-vegans instead of vegans for a reason...

Of course, a lot of people would say "that's because those people who are sick are not eating healthy organic grass-fed stuff" but that's also a major myth:

<https://bit.ly/38iU4z9>

Since cholesterol, saturated fat, trans fats, animal protein, heme-iron, IGF 1, stress hormones etc. that are in animal products are clearly the real issue here, which has been exposed by the majority of the scientific studies and all these things are the real reasons why hospitals are filled with sick omnivores instead of vegans. How can we even logically mostly blame cancer, diabetes, heart disease etc. on fruits, vegetables and other plants?

So to me personally, I know that the whole foods plant-based diet is the healthiest diet, and from my personal experience and interactions, I've just seen too many people who reversed their so-called chronic illnesses on this diet and had incredible transformations on it:

<https://www.drfuhrman.com/success-stories/categories/view-all>

<https://nutritionstudies.org/topics/success-stories/>

<https://www.forksoverknives.com/success-stories/>

and because of this, I believe this is the healthiest diet for humans on the planet.

Even the largest authorities on nutrition in the world not only find the vegan diet to be perfectly healthy, but they also don't hesitate to say that the vegan diet is effective in the prevention and treatment of many diseases:

<https://docs.google.com/document/d/1JJNHcP2OH5uLE7BK95EvCYiWxk1SJyAEFC48znIkXAq/>

Now considering all of this, now we can talk about the people who claim to suffer health impacts after going vegan. There are a lot of people who start following a plant-based diet for health reasons and claim they are vegans when veganism has never been about just diet, so this alone eliminates most of these cases to begin with when it comes to blaming bad health consequences on veganism. I've noticed that a lot of people who started following a plant-based diet, only to eventually fail at it have almost always followed a trendy "vegan" diet.

A lot of people for example follow a fruitarian and a raw "vegans" diet, and I notice a lot of mental health issues & eating disorders in those people when it comes to diet & health. A lot of them are perfectionist health nuts (again nothing to do with veganism) but what they believe is

perfect is far from the truth as they basically follow a starvation diet. Most fruits and vegetables are made out of %50+ and in some cases %90+ water which means a majority of them are made out of 0 calories as water is 0 calories. Calories coming out of fibre are also considered 0 calories since people crap it out so it's VERY hard for someone to get enough calories (thus enough nutrients) from just fruits and vegetables which reflects on these people's health over time. Most of the supposed "vegans" who quit being a vegan come from fruitarians and raw "vegans" or from other trendy "vegan" diets. In most cases that I've seen, most of them did not only eat enough calories, but also they did not eat a whole foods diet. Instead, they often eat white bread, white rice, white paste with processed vegan foods and expect that their diet is going to be healthy. And considering the health consequences of consuming [dairy](#) and [eggs](#), I wouldn't consider a vegetarian diet healthy as well. It's important to note that there are a lot of anorexic people who use "veganism" as an excuse to hide their eating disorders as well and I've seen many of these people, as well as health nuts in Sv3rige's malnourished vegans series.

There are so many different ways someone can follow a plant-based diet, like the ketogenic "vegan" diet, high carb "vegan" diet, high fat "vegan" diet, high protein "vegan" diet etc. so if someone is not feeling great on a certain vegan diet, they can always switch to another form of vegan diet and since we know that we can get all the nutrients we need from plants and the second hand filtered nutrients that come from animals come with an unhealthy package of things that eventually cause health issues in someone's life, I believe we can conclude that if someone failed on a vegan diet, we can't put the blame on the whole foods plant-based diet, but we can put the blame on the specific vegan diet the person tried or the person's other lifestyle choices.

There are also some who claim they can't go vegan because of their genes which is another utter myth [as explained in this video](#).

There are also so many people try out veganism as a new year goal and give up after a short while which is something else that needs to be considered when looking at statistics of people quitting veganism. It's also not easy to go against the grain considering all the convenience factors that come with eating animal products in this type of world.

Also, we can't just mention the people who suffered health consequences after going vegan, without talking about the majority of the vegans who became healthier after going vegan. After all, %99 of vegans were non-vegans before and if you ask them now, the majority will tell you that they feel happier and healthier now. None of us have to sleep with knowing that we supported animal slavery, torture, rape and murder of animals after all.

Finally, if you check on YouTube, most of the vegans share their blood test results (talk about transparency) and as you'll see, they all have basically perfect scores unlike the non-vegans health channels who share their blood test results, and %99 of them don't even share that, to begin with. I also have a personal story with this where when I went back to visit my family in Turkey, they told me that they can't trust vegan diet is healthy for me so I challenged them to do a blood test with me and I did the test with my mother. Who would've guessed that literally everything that was tested came out perfect and right in the middle for me, unlike my mother's test even though she overall eats a healthier diet than others consuming fewer animal products. This also proved to me once again how the plant-based diet is the healthiest diet for humans in the world.

This article mainly responds to the claims of the raw meat-eating Sv3rige guy (who stabbed someone, was locked up in a mental hospital, talked about killing and eating people and even eats 10 months old raw rotting meat, almost died from eating raw meats and were in hospital over a month trying to survive and still continues to eat raw meat) whom makes videos on showing the issues with mostly raw vegan and fruitarian health nuts. [Sv3rige is a VERY special kind of nut](#). This is a [good video](#) against some of the claims Sv3rige makes.

The Vegan Gains guy who made the video above is also a special case himself but in his debate with Sv3rige, he did a good job at exposing [how clueless Sv3rige actually is](#).

If you'd like to know all of the Sv3rige carnivores type people are addicted to caffeine or alcohol, and how they are lying to you about carbs, then check these documents out:

The Truth About Caffeine and Carbs?

<https://bit.ly/3ABZmBE>

The Truth About Alcohol and Carbs?

<https://bit.ly/3HQP7eu>

When it comes to the debate of **antinutrients** in some plants, oxalates and lectins are released when boiled/soaked. Lectins are made inactive (unable to bind) when cooked.

Also, oxalates have notoriously bad absorption and are only a problem for those prone to kidney stones. We can avoid high concentrations of oxalates by boiling spinach or simply opting for greens like kale. Lectins (found predominantly in legumes) are simply rendered inert by heat/soaking. I don't know anyone who eats raw beans, to begin with. Adequate cooking breaks up the fibre rendering it very digestible and supremely healthy.

[Only 2-20% of ingested oxalates are absorbed](#). Oxalates bind to minerals like calcium and prevent the absorption of oxalates. This doesn't mean that calcium in oxalate containing isn't bioavailable, since greens like kale only contain 2mg of oxalates per 100g of calcium. The loss is beyond trivial and the fear is unfounded

Legumes have the strongest links to the best health outcomes as shown by this study:

<https://pubmed.ncbi.nlm.nih.gov/15228991/>

The bioavailability of protein in wheat isn't far off from that of fish.

https://cdn.shopify.com/s/files/1/0003/2407/5579/files/TWN_Protein-Digestibility-NH.jpg?v=1565423283

Yes, plant foods as a whole are slightly less bioavailable, but once again you're blowing things way out of proportion. Other plant sources of protein like soy protein isolate found in mock meats are digested and absorbed at a similar rate as chicken, with a similar amino acid profile as well.

However, fish is a package of a lot of unhealthy stuff:

<https://goo.gl/eIZ1FC>

So does meat:

<https://bit.ly/3ngqGgY>

Eggs:
<https://goo.gl/Xu9OA5>

and dairy:
<https://goo.gl/yd0EHv>

Have any of these raw meat eaters been to [r/veganfitness](#) subreddit? Some absolute beasts post there regularly. How do they square their feelings away with the existence of people like [Nimai Delgado](#), a long-time vegan whose never eaten meat in his life? Or [Kendrick Harris](#), a vegan who was the only person to represent America in the Rio Olympics for weightlifting? Are they actors, maliciously working for big broccoli? What about these people below?

The World Record of the heaviest weight ever carried by a human for a distance of 10 meters (1234 lb/560 kilos) was carried by **Patrik Baboumian** who is a vegan. He also holds the Guinness World Record on log lift and on the longest duration holding a 20 kg weight with outstretched arms.

Not many people knows that **Carl Lewis** won NINE Olympic GOLD medals and his best year of track competition was the first year when he started eating a vegan diet.

Another interesting thing is that there is no bodybuilder in this world who is as old as **Jim Morris** who looks the way he looks. He is an ageless bodybuilder thanks to being a vegan.

Powerlifter **Nun Amen-ra** set a World Record in his weight class by deadlifting 672 lb/305 kg as a vegan.

Super Heavyweight professional Arm Wrestler TWO-time Olympic Gold Medallist and NINE time World Champion **Alexey Voevoda** is a vegan.

Another vegan top-level professional Arm Wrestler **Rob Bigwood** won the left handed super heavyweight World Championships in 2006 and he took the first place left handed at MMA Arm Wrestling tournament in 2010 and also won over 40 state championships across the US.

Super Heavyweight professional bodybuilder **Ryan Nelson** has placed in the top 3 in numerous NPC shows as a vegan and he also received the personal trainer of the year award in 2013.

Calisthenics Bodyweight Expert and a famous Youtuber **Frank Medrano** is a vegan.

300 pound NFL defensive lineman **David Carter** is a vegan.

The Mr Universe **Barry Du Plessis** is a vegan!

Even **Mike Tyson** became a vegan in 2010 when he was becoming obese and then lost the extra 130 pounds and maintained a healthy weight because of it. He wished that he was born a vegan and talked more about this [as you can see here](#).

Another amazing story is that at the age of 40, **Rich Roll** was unhealthy, out-of-shape and overweight but then he became a vegan, lost the extra 50 pounds and with almost no experience he entered Ultraman World Championships which is two times harder than Ironman

Triathlon and he clocked the 2nd fastest swim split and was the 3rd fastest American by beating many professional athletes all despite having never previously completed even a half-ironman distance triathlon. He was also the first person to complete EPIC5 - 5 full Ironman Distance Triathlons in only 5 consecutive days on 5 Hawaiian Islands, many deemed impossible to finish. He was awarded the title of 2009's "25 Fittest Men in the World" by Men's Fitness Magazine, alongside Usain Bolt, Rafael Nadal and LeBron James. In 2012, his book Finding Ultra became an Amazon #1 best-seller and has inspired thousands across the world to embrace a vegan diet.

Scott Jurek is one of the most dominant ultramarathon runner in the world and he is also New York Times bestselling author of "Eat & Run". It takes most hikers to complete the Appalachian Trail, a 2,189-mile 14 states track, 5 to 7 months but Jurek set The World Record by completing it in 46 days. He has victories in nearly all of ultrarunning's elite trail and road events, including the historic 153-mile Spartathlon, the Hardrock 100 Mile Endurance run, the Badwater 135-mile Ultramarathon, the Miwok 100K, and—his signature race—the Western States 100 Mile Endurance Run, which he won a record seven straight times. In 2010, he set a new US all-surface record by running 165.7 miles in 24 hours—6.5 marathons in one day for which he was named USA Today's Athlete of the Week. He is selected as UltraRunning Magazine's North American Male Ultrarunner of the Year 4 times. The Washington Times named him one of the top runners of the decade, Runner's World awarded him a Hero of Running and Ultrarunning Magazine named him Ultra-Runner of the Year three times. He credits vegan diet for his superior endurance, recovery and overall health.

The documentary [The Game Changers](#) on Netflix show many more of these vegan athletes for those who'd like to see it.

[Nutritionfacts.org](#) is my most trusted website online when it comes to anything health related as it's managed by a team of nutrition expert medical doctors who together read all the studies that come out every day and only share the summary of the most useful ones [not the biased industry-funded ones] in small videos and they share the studies mentioned in their videos on the Sources Cited section below their videos. The main doctor who presents the videos and writes most of the articles is Dr. Micahel Greger and here is some information about him:

Dr. Micahel Greger, M.D is an American physician, author and professional speaker. He graduated from the Cornell University School of Agriculture and the Tufts University School of Medicine. He is currently the Director of Public Health and Animal Agriculture at the Humane Society of the United States and Humane Society International. Debated the National Cattlemen's Beef Association Director before the FDA and was invited as an expert witness to defend Oprah Winfrey in the infamous "meat defamation trial." Taught part of Dr. T. Colin Campbell's famous nutrition course at Cornell University. Runs [NutritionFacts.org](#). Coordinates the [mad cow disease website](#) for the Organic Consumers Association. On his website and youtube channel, he shares great nutrition-related videos that are showcasing the latest scientific nutritional studies. He is the New York Times bestselling author of the books [How Not to Die](#) and [How Not to Diet](#) and this is his famous presentation [Uprooting the Leading Causes of Death](#) that went viral on Youtube.

Physicians Committee For Responsible Medicine (PCRM) is another one of my most trusted websites when it comes to nutrition. They have 17,000 plant-based doctors who are trying to expose the truth and power of the whole foods plant-based diet and [they sued](#)

[USDA and DHHS](#) exposing [industry corruption](#) in dietary guidelines and they always work hard every year to increase and change the voluntary nutrition education for doctors in the US into mandatory education since [most of them are uneducated on nutrition](#) and the effects of nutrition on one's health.

These people are working tirelessly to expose the lies of multi-billion-dollar meat, dairy and egg industries that work with pharmaceutical industries and nutrition illiterate doctors, all work hand in hand to bring more suffering into this world to gather more loosh out of animals and people. Please read my documents below to save yourself from the lies of these vilest industries in the world. It's clearly not just a mere coincidence that almost %99 of all people reverse their heart disease on this diet, our number one killer.

Every article I shared on the page of this book also goes to show how clueless Sv3rige is.

Debunking the Myths Regarding Carbohydrates Once and For All

Sv3rige's crowd loves to hate on the carbs along with the majority of people in the Western countries so I'll debunk the myth of carbohydrates once and for all:

If you are not eating enough carbohydrates and fibre in a day such as fruits (including frozen fruits, dried fruits, canned fruits etc.), starches (rice, potatoes, yams, pasta, noodles, quinoa, bulgur, corn, barley, millet, wheat, buckwheat, bread, tortilla, bagel, waffle, cereal, oats, groats, rye), legumes (lentils, peas, beans, chickpeas, peanuts, tofu, tempeh, soy), sprouts, grains and vegetables then you are most likely either addicted to caffeine or other drugs and/or alcohol (which is a refined carb) like I used to be before following high carb plant-based diet. If you are an alcohol addict or you just consume alcohol and would like to learn how to quit it in a much easier way, then check out the videos I've shared [HERE](#).

If you are addicted to caffeine, meaning that you can't get through the day without using coffee, tea, cigarettes, soft/soda drinks (Coke, Pepsi, Mountain Dew, Dr Pepper etc.), energy drinks (Red Bull, Monster, Rockstar, NOS etc.), energy waters, chocolate/cacao, ice cream, candies and candy bars, caffeinated gums and mints, breath freshers, sum seeds, [most](#) bodybuilding supplements, some root beers, pain relievers, headache medicine, weight-loss/diet pills or caffeine pills then you might want to check out some of the videos that I shared below.

There is a reason why you are addicted to caffeine and you can easily quit this addiction slowly but surely. Please note that the multi-billion dollar meat, dairy and egg industries had to blame all the diseases on something since [they wouldn't want to tell the truth](#) to you, so they decided to blame sugar and carbs.

However, when people think about carbs they think about pizza, cakes etc. which are mostly fat and it's important to note that calories coming from 1 gram of fat would be 9 calories vs calories coming from 1 gram of protein and carbs would be 4 calories and the fat you eat is the fat you wear as it's clearly shown to us by the [majority of the science since low carb diets are associated with weight gain and obesity vs high carb diets are associated with weight loss](#). So it's not the bun of the hamburger that's the issue, [it's the meat](#) and it's not the pasta that's the issue, it's the meatballs and the oily tomato sauce, it's not the rice that over a billion Asian people eat, it's the oil you cook with rice and the animal products you eat with it. This is why Asians who adopt an American diet heavy on animal products can also become obese. Also

important to note that [countries that consume the most dairy products are the countries with the most osteoporosis and obesity](#) issues since as adults, we wouldn't need cow's milk (or any other mammal's milk) that has 80 natural growth hormones and many artificial growth hormones.

"Even in settings of extreme carbohydrate overload, only a small percentage of carbohydrates is converted into fats in the process of DNL. In 1 experiment in which individuals were fed >1500 extra kcal/d in excess carbohydrates (total consumption of 700 g of carbohydrate/d), only 3.3 g of fat were generated (96). Studies by Lê et al. (97) showed that healthy individuals who were fed 1 g/kg of fructose did not experience increased liver fat. Silbernagel et al. (98) found similar results in individuals who consumed 30% of energy from fructose over a 4-wk time frame."

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3649104/>

<http://www.nutritionandmetabolism.com/content/9/1/89>

Most of the vegan doctors shown [in this video](#) who has their own clinical trials and who has helped thousands of people reverse their diseases all mostly follow a high carb whole foods plant-based diet in their approach for a reason. Check out all these studies:

In the absence of calorie restriction, high-protein, low-carbohydrate diets can contribute to weight gain and adverse metabolic effects.

<http://www.ncbi.nlm.nih.gov/pubmed/22071707>

"Greater adherence to an LCD high in animal sources of fat and protein was associated with higher all-cause and cardiovascular mortality post-MI."

<http://www.ncbi.nlm.nih.gov/pubmed/25246449>

Animal protein is as insulinogenic as pure sugar:

<http://www.ncbi.nlm.nih.gov/pubmed/6389060>

Low-fat Vegan diets are associated with weight loss, increased insulin sensitivity, and improved cardiovascular health.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2677007/>

"The fat-balance equation implies that a high-fat, ad libitum diet will cause weight gain and that a low-fat, ad libitum diet will result in weight loss. A diet high in fat is consequently low in carbohydrate, and Flat's model predicts that this would lead to earlier depletion of the glycogen stores, a greater food intake (more high-fat food), and, consequently, a positive energy balance."

<http://www.ncbi.nlm.nih.gov/pubmed/8475894>

"Low-carbohydrate diets were associated with a significantly higher risk of all-cause mortality."

<http://www.ncbi.nlm.nih.gov/pubmed/23372809>

"Low carbohydrate-high protein diets, used on a regular basis and without consideration of the nature of carbohydrates or the source of proteins, are associated with increased risk of cardiovascular disease."

<http://www.ncbi.nlm.nih.gov/pubmed/22735105>

This 2013 meta-analysis shows Low Carb diets impair blood flow (even when the Low-Fat diet could be up to 30% calories from fat).

<http://www.ncbi.nlm.nih.gov/pubmed/23829973>

"High SFA caused deterioration in FMD compared with high PUFA, MUFA, or CARB diets. Inflammatory responses may also be increased on this diet."

<http://www.ncbi.nlm.nih.gov/pubmed/15774905>

High-fat diets induce hyperinsulinemia.

<http://www.sciencedirect.com/science/article/pii/S1550413112004536>

"Although many environmental factors promote a positive energy balance, it is clear that the consumption of a low-carbohydrate, high-fat diet increases the likelihood of weight gain."

"An overwhelming amount of evidence shows that the ratio of fat to carbohydrate in the diet is the primary factor in the macronutrient composition of the diet that easily causes passive overconsumption of energy and thus leads to weight gain. In contrast, high-carbohydrate diets seem relatively benign, regardless of the type of carbohydrate."

<http://www.ncbi.nlm.nih.gov/pubmed/14522749>

A high-fat diet coordinately downregulates genes required for mitochondrial oxidative phosphorylation in skeletal muscle.

<http://www.ncbi.nlm.nih.gov/pubmed/15983191>

Effects of a high-fat meal on pulmonary function in healthy subjects.

<http://www.ncbi.nlm.nih.gov/pubmed/20165863>

Low-carbohydrate diets and all-cause and cause-specific mortality: two cohort studies.

<http://www.ncbi.nlm.nih.gov/pubmed/20820038>

Too much fat interferes with glucose absorption as our cells' preferred #1 source of energy is glucose.

[If Fructose is Bad, What About Fruit? - Dr. Michael Greger](#)

[How Much Fruit is Too Much Fruit? - Dr. Michael Greger](#)

Carbohydrates only get metabolized into glucose in your body, not fructose or sucrose. FYI protein and some fatty acids get converted into glucose. Eating carbs from whole foods is NOT the same as eating processed sugars.

Most modern Okinawan Centenarians get 85% of their calories from carbs/sweet potatoes and rice and eat very low fat. They only ate one serving of [fish](#) a week and [pork](#) on special occasions.

Seventeen people were made to eat 20 servings a day of fruit. Despite the extraordinarily high fructose content of this diet, presumably about 200 g/d—8 cans of soda worth, the investigators reported no adverse effects (and possible benefit actually) for body weight, blood pressure, and insulin and lipid levels after three to six months. More recently, Jenkins and colleagues put people on about 20 servings of fruit a day diet for a few weeks and no adverse effects on weight or blood pressure or triglycerides and an astounding 38-point drop in LDL cholesterol.

[Sugar Myth 2: Carbs/Sugar Make You Fat](#)

When it comes to the nail in the coffin on this “carbs are the worst!” argument, not only a strict high carb wholefoods plant-based/vegan diet has been proven to treat prevent 14 of our 15 TOP killers, but one of the [famous diseases](#) that it reverses the progression of is type-2 diabetes which is proven by [many studies](#). So, when people think that carbs are the worst for diabetic people, they forget to realize that the good carbs actually heal them if they don't eat high unhealthy fats along with the good carbs. This is even a documentary anyone can watch on reversing type-2 diabetes where they show how they reverse people's type-2 diabetes with a high carb plant-based diet and the name of the documentary is [Simply Raw Reversing Diabetes in 30 Days](#).

Why Financial Freedom is Important and How Do I Plan to Achieve it?

The way I look at it is that at the end of the day, creating financial freedom/sovereignty inside the matrix will give me the freedom and time I need to improve my spiritual skills like deep meditation, lucid dreaming and astral projection, which will help me get outside of all of the matrixes when my time comes and then I'll get to enjoy forever as basically a god. Without financial freedom, the "life experience" and suffering gets way worse here as well and financial freedom at least helps us to break free from some of the chains the matrix puts on us.

I believe there is a hack/cheat code when it comes to financial freedom but that comes with hard work too since you need money to make more money. As a web developer, I know that if I put the time in, create and invest in niche websites that generate monthly income like my favourite web developer YouTuber [CodingPhase](#) talks about (and teaches on his website), as well as invest some of my money in crypto, I'll eventually get my financial freedom.

Web and email development are one of the most in-demand jobs in the world since every company needs a website or needs to constantly update their website while sending out emails to sell their products and services. I even recommended an Uber driver once about looking into learning web development from CodingPhase and later on I learned that in a few months she started working as a developer and now she makes a lot of money with it because companies pay good money for developers, especially after they do a few job hopping to get better salaries every 6 to 12 months. Most people think it's hard to learn web development when most can learn the basics of that even in two weeks which would be enough for many jobs. On websites like <https://www.freecodecamp.org> people can even learn it for free and on Udemy people can find \$15 courses on it like The Complete Web Developer Bootcamp course. There are websites that people can use to even download Udemy courses for free if you don't want to spend any money on them. Programming is hard but nobody needs to be a programmer to find a job, development basically pays the same and it's 100x easier to learn. Get on [freecodecamp](#) to realize that and start with the Responsive Web Design free course to see how you like it.

There are also many easy web development-related jobs like a content editor or email developer where the whole job is just copying/pasting the new information and images on existing templates or pages. You could learn how to do this at the job in under one day normally and email development (marketing specialist) jobs even could get you over \$100,000 salary under 3 years. Even in 3 months' time, people could learn **way more** than enough to get a content editor or email developer job where they will be respected and work in an air-conditioned office sitting & chilling doing easy copy/paste work. Go onto [indeed.com](#) and write "web development" or "HTML" and see how many jobs will pop up. You'll most likely see that it will be more than any other job basically since only 400,000 job-related graduates are graduating every year while 1 million new jobs open up in this field so there is a huge demand for it and most people who work in this field have not graduated from a related program. This means that you don't need a diploma for this job position as most companies only care about your portfolio and skills because they are desperate at finding anyone. Things also become mostly remote after the pandemic which even raised the opportunities of working from your own home for any company in the world basically which is a huge plus. Because of the demand, by

job hopping every 6-12 months, you could get to a \$100.000+ salary in 3 years at most easily if you also put in the work to advance your skills outside of the job.

When it comes to crypto, after a lot of failures and trials, I'd **only** recommend following [this Youtuber's tips/calls](#) (CowboyTrades) if you get into crypto and it's important to note that he shares **everything** for free to help others out. There is **nothing** that he sells. His personal crypto calls/moves are first shared on [his Discord](#), and then a few hours later on his videos. I've followed so many crypto guys before and paid for some of their services but none of them even come close to the success rate of this guy whose calls are purely backed up by logic and reasoning. He even said I'd never want to sell anything ever when it comes to crypto, I just want to share my knowledge for free for as long as I can and that's exactly what he has been doing since he created his Youtube channel. You can go back and see all of his previous videos and calls and you'll see that he has basically % an 80+ success rate on his calls, and he always has a backup plan too. Like, if certain crypto falls under a certain number, cut your losses etc. As far as my experience goes, nobody has ever come close to the success rate of this guy and he backs up everything he says with straight-up facts and logic, highly recommend checking him out. Don't forget, only play with the money you are willing to lose because, at the end of the day, anything in crypto could crash to 0 at any second. Also, [WatersAbove Crypto](#) is another guy to look out for when it comes to how gematria & astrology effects crypto and he is also aware that we live in a matrix unlike the CowboyTrades guy but I'd still only recommend following CowboyTrades's calls over anyone else's on my end, based on my own experience.

As far as I can see based on countries creating their own national coins and everything that's hinting at us going into a dystopian future etc. crypto will clearly be the inevitable future of finance in this world, I know that I am only 5-10 years away at most from financial freedom/retirement and the timeframe could even get much shorter if I play my cards right. I know that once I achieve financial freedom, the suffering that I get from this world will be lessened a lot and the financial freedom will give me the much-needed free time to continue my research and practices to help me do what I want to do, which is to eventually exit from this matrix. However, until then, we may as well live better in our last stay here.

A List of Conscious YouTubers I Recommend Following

As mentioned before, these first four people I've shared below have investigated **thousands** of near-death experiences, as well as many pre-birth memories, [astral projection](#) experiences, lucid dream experiences, past life regressions, premonitions & death bed visions, shared death experiences, trip reports & altered states of consciousness experiences, deep meditation experiences, reincarnation stories, after death communications, [numerology/gematria](#) connections, [astrology](#) connections, paranormal experiences, [Saturn-cube-circuit board reality](#) connections, TV shows/[movies/music](#) connections etc. in order to come to the conclusion they came to and so far I only truly trust these three people online on my end with the [soul trap information](#) due to their knowledge, commitment and experience:

[Forever Conscious Research Channel](#) (The best channel in the world that exposes the most guarded truth of our world. He has sat on the information he is sharing now for 3 years before sharing it to make sure he is only sharing legitimate information and he is doing the best job at exposing the soul trap on YouTube. His ["Reincarnation Soul Trap Matrix" playlist on Youtube](#) is a must-watch for anyone who is new to the soul trap and for those who never want to get mind-wiped again and reincarnate back to earth again)

[Wayne Bush](#) has tons of amazing interviews on YouTube and he did an amazing [must-watch 8-episode series with FCRC](#) which is an amazing introductory series for those who are new to the soul trap and he also has [the best website on soul trap](#), exposing the truth for 20 years on his website, longer than anybody else I know.

[OverWatchChannel](#) (Dan is another Neo in our matrix like Forever Conscious and Wayne Bush who exposes the most important info in our matrix, and [has interviews with FCRC](#))

[Howdie Mickoski Talks](#) (I subbed to him when he had only a few subscribers and he is just an amazing conscious real spirit that has always sought the truth of it all for a long time. He is amazing at coming up with the best solutions and sharing them with others. He has great analysis videos on TV Shows and movies that are out of this world. Back in the day, he said that [he is only at %75](#) when it comes to believing that white light is a trap which I criticized him on before and since then I've had many email exchanges with him regarding this issue and pointed him to Mark and Wayne Bush. He then did a super deep dive into their content where he read everything on Wayne Bush's website and he thanked me for the info I sent him and told me that his new book and the rest of his videos from now on will have to be about the soul trap. When I learned about this, I was just overjoyed just like when the Youtuber Julie McVey looked into the information I sent her, only to end up innerstanding the information I shared with her and since then she even [interviewed Wayne Bush](#). Once done, Howdie later on also sent me the first three chapters of his book for me to provide him feedback and I just **loved** what he came up with. I am sure all of you will love it as well if you end up reading it which I'd **highly** recommend it. I feel really lucky that an intelligent philosopher and expert analyst like him is in our community now and I cannot wait to read his whole book once he'll be done with it in 2023. I also can't wait to listen to his potential future talks with Mark, Wayne or Dan which I am sure will be amazing! **UPDATE: Howdie has now [officially published](#) the first version of his book**

and you can hear him talk about it on [this video](#) where at the end of the video he also reads the first half of his chapter one.)

— Rest of the conscious/awake content creators I recommend checking out:

[You won't find anybody who has over 50k subscribers in my list as I just wouldn't trust them in the kind of matrix we live in which is something I've already talked about while talking about Matt of Quantum of Conscience]

[Souled Humans](#) (One of the best up and coming channels in the soul trap community.)

[Eddie The truth will set you free](#) (An expert astral traveller who knows about the soul trap and he goes very deep with his explanations that are mostly based on his astral experiences. I just [disagree with his take on consuming organic animal products on my end.](#))

[Conscious Soul](#) (An expert astral traveller friend of mine who has been astral travelling for 17 years and had many experiences with her "spirit guides" in the astral planes until the minute she woke up to soul trap thanks to FCRC and others and at that point, she saw that her spirit guides were [nowhere to be seen from then on](#). She told me that she plans to make YouTube videos about her experiences in the near future which is why I thought I'd include her channel link here in advance.)

[FREE AT LAST](#) (She has great short well-edited documentary-style introductory videos on matrix reincarnation soul trap. In her [Part 1](#) and [Part 2](#) videos of soul trap, she did such an amazing job, but in the Part 2 video when she mentioned Wes Penre and his dangerous soul net theory is when her video I believe took a major fall briefly as Wes Penre's exit plans I believe are filled with deceptions and traps [which I tried to explain here](#) as a response after FREE AT LAST has done a [dedicated video](#) on Wes Penre's soul net theory but after watching both of her videos on the soul net topic, I later realized that she also seems to agree with my perspective as I mentioned to her [on here](#). For the best exit plan strategies [[this one](#) is my own] that I've ever come across, I'd recommend watching Mark's [this interview](#) with Wayne Bush and Mark's [this interview](#) with Dan from the OverWatchProject channel. I always thought our community was lacking big time on a good video editor content creator and thanks to FREE AT LAST, we luckily have that now! This is going to be huge for our community since we'll now have a much easier time sharing amazing videos with people that will be engaging and impactful. I can't appreciate enough how much work FREE AT LAST puts into her videos.)

[LionSword](#) (This is The Green Wizard's new channel, he no longer uploads to his old channel. He has good rants and interesting ideas to share. I wouldn't recommend his channel to people who are dealing with depression. I'd also recommend reading the comments I left below [this](#), and [this](#) video of him, and also the comment I left on [this](#) community post of his.)

[Christopher Sideris](#) (Another amazing conscious soul who is seeking the truth and he does amazing rants similar to the Green Wizard but once again, not for people who deal with depression. I've done two talks with him on his channel. First talk of ours start at the 14:08 minute mark of [this video](#) and this is our [second talk](#) where we dive into important topics.)

[Angel of Hearts](#) (A solid truther who knows about everything that's important to know about and she recently mentioned that she wanted to focus on learning more about magic)

[W3 S33 33](#) (He has some good rants. He is one of the real [real-conscious souls in my book due to him being a vegan](#) as I believe not agreeing to our [slavery](#) goes [hand in hand](#) with not agreeing to [animal's slavery](#) so I got to give him a shout-out on that for his intellectual consistency.)

[DECODE THE MATRIX](#) (A decoder who exposes the matrix reincarnation soul trap system that we live in via gematria & numerology and I love that she also exposed the dream aspect of this reality [which I consider one of the most important things to pay attention to](#) since it hits too close to home due to all of us sleeping one-third of our lives and that our real-life senses could even be better in dreams, and once one experiences that, it's hard to not question this life being nothing but a shittier version of a dream)

[Tommy Rodgers 2](#) (Another amazing truther who has been to hundreds of protests in his life and does his best to expose to truth to as many people as he can. He has been recently exposing the soul trap topics as well which is always awesome to see. His main channel was deleted before and these are his back-up channels [\[1\]](#) [\[2\]](#) and [this](#) is his Facebook page.)

[Net Void](#) (She is another gematria decoder. I've shared my e-book with her and she seems to be very open to the idea and she is even willing to interview me in the future so I suspect that she'll be talking about the soul trap more in the future which I can't appreciate her enough for. She also seems to be a very sweet good person with a big heart and she is somewhat of a vegan as well which of course is another plus for her in my book. **Update:** We've now have done the interview as you can see [here](#).)

[Ola Wolny](#) (Soul Trap expertly explained by astrology which is related to life scripts. I'd recommend checking out Ola Wolny's [this](#) interview as well as [this](#) interview. She'll apparently have [an interview video with Decode Your Reality](#) soon. Btw, [this website](#) provides a cool automated free numerology reading that I did back in the day which estimated many things about my personality correctly, though I am not sure how much cold-reading technique is involved with it. I also wouldn't recommend the "paid full reading" that the website suggests people to get at the end of the reading.)

[Sasha Gareau-Davis](#) (A bright guy who I actually trust and he is all about the self chakra&implant removal which he claims is the most important thing to do to get back the energy the system takes from us every day and he has a great discord channel on this topic where he goes much more into detail on this subject but he'll have more videos to come on this on his YouTube channel in the near future as well)

[Kismet Spiral](#) (Although for my taste she seems to almost have one leg in the new age due to her belief that we'll save this matrix by conquering the evil here, [a dangerous belief I mentioned in the Tartaria chapter] she is still an amazing conscious spirit whom I enjoy listening to. She deserves to have way more subscribers than she currently has.)

[Brett Bender](#) (A great channel that has started to talk about the soul trap concepts and even interviewed Howdie Mickoski about it.)

[Stargods](#) (A humorous old guy who learned about the soul trap from FC's videos a few months ago and his content's quality grew because of it, which is exactly what I feel about [Christopher Sideris](#)'s channel as he also discovered the soul trap from FC's videos and since then I can't get enough of his rants. If I had to kindly criticize our loveable Stargods, I would have to say what I heard from a trusted source of mine that Stargods handled the Patricia Steere issue badly where he basically thought that Patrick was pulled in by "love" with Mark Sergeant [who Stargods apparently knows to be a shill] and that she had nothing to do with being an agent. Stargods also [believes](#) Alex Jones is legit and that he is not a shill which is a somewhat concerning belief at this point in time, especially since he supposedly knows Sergeant is a shill. He also [believes](#) the movies like Dark City with the soul trap messages are coming from the good guys of Hollywood who are trying to save us which is another belief of his that [I believe is misguided](#) and I think it's dangerous to believe in such a thing considering everything I've talked about in this book regarding "real spirit guides". However, respectfully, I have to give Stargods an old person pass on all of this. Stargods is just an amazing guy and I really appreciate the great humour he brings to us with his talks. I wish he did more videos and that we had more content creators like him.

[Calogero Grifasi](#) (He is a regression hypnotist which is a field that I believe could easily be interfered with by the matrix AI, similar to remote viewing, which is why people like Mark from Forever Conscious and Wayne Bush both mentioned in one of their talks that they did together when it comes to how they can't really trust regression work. Calogero's entire channel is made up of hypnotic regressions and as a hypnotherapist, he apparently gets people to recognize the deception from "false light beings" in real time as he explained in his recent interview that he did of which the [English translation of it is here](#). As someone told me; "Calogero has posted thousands of sessions with different clients from all over the world, these sessions reveal that Earth is NOT a "school" for our souls and that we are not here to learn anything. These sessions reveal that we are here because we get tricked and/or coerced when we die by these beings. They also reveal that these beings feed off of people's emotions (mainly the negative ones), which is why they potentially want us here on this planet." Now I don't normally share channels who has over 50k subscribers out of principle due to [the reasons I've shared here](#) and on his main Spanish YouTube channel, Calogero has nearly 55k subscribers but he also has around 2300 videos so the subscriber amount is well justified. I've once heard from a good source of mine whom I trust that he doesn't trust Calogero but I know that he hasn't done a session with him and [I've also heard from others on Reddit](#) that Calogero is one of the best possible channels for the soul trap topic and that he can't possibly be a shill. Another person told me that he and his wife have done their own sessions with Calogero and that those sessions went great and that he researched the field of past life regression for many years he told me that he believes Calogero is 100% legit. He also told me that he was recommended Calogero by someone else who also had a great session with him. Wayne Bush has also looked into Calogero's work as can be seen [here](#), and [here](#) by searching "Calogero" via ctrl+f. Due to being honest with everything, I just thought I'd let you know all aspects of things so that you can have a better perspective on approaching these things. I'd also just recommend [reading what I wrote here](#) regarding how most if not all of the so-called entities may be controlled by the AI hive mind which I believe would give you a better perspective when watching the videos of mediums and past life regressionists. Lastly, I don't think one can have a %100 working method to order the entities to reveal their "true form" with a %100 success rate every time. I feel like the AI hive mind does what it does always with a purpose and a backup plan in mind. When these entities supposedly show their true form to be a supposed reptilian or snake, that's nothing but just more mind games & tricks of the AI in my humble opinion so please don't get fooled by the idea that you can just order these so-called entities around and that they always have to listen to you.)

[Going Clear](#) (She is very familiar with Forever Conscious's content and talks about regular topics relating to that, as well as against vaccines.)

[Simulacra](#) (A good conscious British fellow who is in FC's community. He has done an [excellent interview](#) with FC as well.)

[Scott Snitzer](#) (Respectfully, I don't think he has [conscious](#) or [logical beliefs](#) when it comes to veganism, [but other than that](#), he does a good job with his videos when it comes to giving tips to targeted individuals. As far as I've seen from him though, he never really talks about soul trap and I suspect he has flawed views on the topic.)

[Alexander Nairanovski](#) (A truther who knows about everything there is to know when it comes to important conspiracies and he has a positive approach of explaining these concepts. Respectfully he is too positive for my taste and I don't understand his desire of trying to live on this earth for hundreds of years knowing everything he knows but he is a unique person with a kind a kind heart.)

[Elaine Bustin'Da Matrix](#) (She had an interesting NDE experience and was very lucky to come across FC's content to educate herself on soul trap and now she believes in it and talks about it on her channel.)

[Deleted Truths](#) (Good deleted videos from other truthers.)

[Quantum Healing with Tena & Karen](#) (A medium and another conscious spirit who together did around 500 past life regressions which made them eventually figure out that we live in a matrix reincarnation soul trap system without knowing about the soul trap prior which shows how obvious the soul trap reality is seen once someone starts to pay attention to what's really going on around us. Tena & Karen had [an interesting interview on Forever Conscious's channel](#). However, a lot of the same things I mentioned about Tony Sayers fully apply to Tena & Karen. The sessions they sell to people I believe makes them get lost in the sauce more than ever due to them believing in multiple different races of entities and thus getting themselves and their clients be played by AI's mind games. They also still talk about things like "the real spirit guides" which I consider a dangerous belief that's not the safest position to take&believe while being inside the inception of matrixes where everything we learned about came from the matrix systems and again, they taking the made-up characters of the AI Hive Mind like different entity races etc. seriously is a major concern for me but I still believe Tena & Karen are real conscious spirits and they were still brave to come out with the reincarnation trap information if they didn't do it for money, considering most if not all of their clients had new age beliefs so [they potentially risked a lot by coming out with that information](#). I've also asked them about my beliefs to them regarding how most if not all the entities are controlled by the AI hive mind and they were open to that idea which was cool to see but again, the opposite of that is all they basically talk about. They still have some new age-related lingo on their website (which is normal considering their business and very recent past) and on my end, sometimes it gets too hard to listen to them like I do with any other medium since they would have an incentive to talk about things like implants, different alien races etc. to promote their services but that's the nature of any "medium's" situation of course and it's not like anyone can prove they are wrong about any of the stuff they are talking about but please consider the things I am saying on this e-book. They still seem to be just following the normal evolutionary path of waking up to the soul trap though so I can't be

too harsh on them and I hope they wake up more people on the reincarnation soul trap message.)

[Infinite Corridors](#) (I don't normally like dabbling in the law of attraction/manifestation stuff much as they sound like a major gaslighting concept to me but since I believe we are creative beings with immense power in the astral planes and in our essence, I know that manifestation is at least true on the higher planes and this guy is the only manifestation guy I listen to since he knows about the soul trap and astral travel topics and he seems to be very educated about the law of attraction, the law of assumption and the rest)

[Erin SoulMISSION](#) (Similar to Green Wizard's style of a rant, found her channel in Green Wizard's comment section)

[Chiron Last](#) (He has a higher amount of subscriber numbers than I am used to when it comes to trusting the person to be a real non-shill spirit who is truly after the truth and exposing it. You could read about some of my worries about the channels with high subscriber amounts [here](#). I haven't seen much of Chiron's videos yet but looking into his video titles reminded me that I've been meaning to watch his The Golden Web series for a while now and I remember hearing from others before that he did a great job with two of his latest videos and that it looks like he has started to get into the soul trap info as well so once I check out some of his videos, I'll update my comment here accordingly. I heard from a good source that he is legit though so I moved him up in the list.)

[Showtime X](#) (Another rant channel similar to Green Wizard but not recommended for people who are dealing with depression)

[Subliminal Priestess](#) (She is in FC's community and her latest affirmation video is just amazing as you can find out from the affirmation messages she used in her latest affirmation video which she included in its description)

[James Bartley](#) (I didn't see much of his content but he is mostly about alien abduction type of stuff and seems to be conscious enough for me to share him with you)

[Nightflight](#) (I loved the interviews she did with Wayne Bush and those are the only videos I've seen of her)

[Purple Energy](#) (He seems to be mostly about healing oneself via frequency-raising exercises, didn't see much of his content yet)

[Consciousness Awake](#) (Jeremy has been doing meditation practices and having lucid dreaming & astral projection experiences for 25+ years. I've been watching his videos since he started his channel. He knows about the soul trap and exposes it to his followers as can be seen in these videos; [\[#1\]](#) [\[#2\]](#) [\[#3\]](#). He mentioned he has seen it take place on the astral once inside a hospital. He mostly talks about topics relating to astral travel and I like hearing his takes on this reality. However, as it happens with many astral projectors, many of them believe in good/real spirit guides and take things they see in astral planes more seriously than I do and respectfully, I have to say that I find these types of beliefs dangerous on my end as I explained in this e-book before. I believe the safest position to take would be to consider that all of the beings seen on the astral as part of the AI NPC entities and not engage with them all the time because I believe they are programmed to brainwash us. After mentioning to him my take on spirit guides [below](#)

[this video](#), [he told me](#) that for every bad guide, there is a good guide and that this is why he recommends people to test the guides. I'd say that, even if there were to be "good" guides [which I don't believe there are], they would be tricked and used by matrix anyway and this is why I believe all guides should be considered bad and be fully ignored and not communicated with to avoid potential matrix tricks down the line. As far as I've seen from his videos on chakras, Jeremy also doesn't consider the possibility that chakras could be a thing used by the system to harvest our energy/loosh. Of course, I don't know if chakras truly exist and what they are used for on my end but I believe everything is on the table in this place. Lastly, he remembers his pre-birth memories and how he was a walk-in who entered an NPC child's body to come into this earth but I believe he considers this as something he wanted to do as an experience or mission while not considering how he could've been lured and manipulated like probably all of us in coming to this hell realm. I believe all of the walk-ins were tricked into accepting to live in a limited human body where they share the same faith as other people who remember their pre-birth & in-between life memories where most if not all of them probably were mind-wiped of their original memories that they had from before entering into any layers of the matrix. Because of this, they got lost in the reincarnation loop for a long time like most of us. Some may say Jeremy was lucky enough to remember his pre-birth memories but I believe that in most scenarios, not remembering manipulation filled pre-birth memories or NDEs could give one a better chance to wake up to the nefarious nature of this place at every stage. Due to his beliefs in real spirit guides and the assumptions that he carries regarding how & why his walk-in experience happened, I think it will be inevitable that he will face so many misdirections, manipulations, tricks and traps in the afterlife and I wouldn't be surprised if he gets manipulated & pushed into accepting another walk-in/mind wipe & reincarnation scenario. That would be such a shame, especially as an expert astral traveler like him but as I explained in the e-book, I believe %99.99...99 of the astral projectors are just too far lost in AI/demiurge/matrix's mind games and manipulations where I believe most of them will get reincarnated again but I also feel the same for around %90 of the people who are in the soul trap community as well due to all of the matrix traps I mentioned in the book, and then some. Jeremy I believe is still wise enough to not fall for matrixes tricks and I mentioned him about the god-mode state in the comment section of [this video](#) and he was interested in it and also interested in interviewing Conscious Soul which I hope takes place. In summary, we can't underestimate the matrix and especially give it reasons for us to trick us but I'll do my best to let him know about my perspectives going forward as I learned many interesting perspectives and information from watching his videos and I'd like to return the favor.)

[NON-CONFORMIST-RADIO 2](#) (Amazing fully conscious spirit whom has a great ability to explain things in the most lyrical beautiful way.)

[Galactic Storyteller](#) (hasn't uploaded a video last 3 years but she has some good videos and she seems to have a [mostly] great Sovereign Declaration on her [website](#))

[God Was Bored](#) (She is in FC's community has interesting stuff to say)

[Mariah \[Polendakis\]](#) (didn't see much of her content yet but seems to be fully awake and has playlists that have FC's videos in them)

[Vivacious Vivienne](#) (Haven't seen much of her content yet but I know she is conscious based on the people she follows)

[Adam's TruthTrek](#) (I've recently discovered his channel so I haven't seen much of his videos but I see him in the comment sections of [Forever Conscious Research Channel](#) and [Christopher Sideris](#) so I know he is fully conscious)

[Warriors Amongst Men](#) (I don't really like watching him as he seems to have one foot in the new age even though he makes anti-new age videos a lot but he believes in the 'we are here to save this matrix' trap and some other things that I consider BS so he is too new-age like for my taste and he also put his soul trap exposed video behind a pay wall on his Patreon which is something else I don't like on my end but he is still a fully conscious being and I like that he is openly vegan as well)

[Tony Sayers](#) (He seems to be a good channel when it comes to exposing the New Age YouTuber [Shills](#) but at the same time, he is not much different than the ones he exposes since he is hawking basically the same services those same new age shills are pushing. The only reason I put him on this list is due to him recently starting to expose [soul trap](#) and [spirit guides](#) on his channel. However, [he recently mentioned](#) in one of his interviews that there are holes in the matrix grid and that supposedly that's how people are escaping from the matrix which is a ludicrous thing to say as I pointed out in the Wes Penre chapter. I also don't like the fact that he is pushing the super expensive scam health patches on people which he should be ashamed of. These are the same scam patches that the confirmed scammer Daniel Mamheg has been selling as exposed on [this documentary](#). How can anyone knowingly push a well-documented pyramid scheme involving health patches on their audience is beyond me, especially knowing what he knows about the scammer new agers. His \$200 USD sessions that he sells to people are something else that I don't personally like about Tony, especially when it comes to talking about the alien implants and entity attachments on his videos and then selling \$200 USD sessions on removing them which kind of reminds me of the infomercials who are making people believe in a problem and then selling the expensive solution for it. If I were to guess, I bet that one session from him would not be enough to remove all the implants and entities from someone for forever and I bet he recommends doing the same session annually to his clients, and if he doesn't, I don't think anybody can confirm that the removed implants or the chakra system would not be reinstated by the Matrix next night... Probably many of the kind of people who'll buy into purchasing his sessions will make themselves believe that they feel good after the session via the placebo affect and then buy another session after they feel they got new astral implants & entities in them or that their chakras opened up again. I just don't buy into the belief that we need others like supposed healers to remove anything negative from us and that we should have the most power as creative beings to remove our own so-called astral attachments without needing anything or anyone else. We should be the only ones who can do that stuff in the best way possible anyway and plus it's free that way with unlimited trials. No middlemen should ever exist for your own freedom. Another thing I have an issue with Tony is that he doesn't recommend people to do astral projection [which is something that I strongly disagree with](#) as evident by the majority of my book. Tony also doesn't hide his affinity for the number 33 as one of his user names is tonysayers33 like [his channel name on odyssey](#) and he also has the pyramid logo front and center [on his website](#) which is sketchy for those who are in the know. At least he seems to be somewhat conscious when it comes to soul trap and spirit guides but I'd be really cautious of the stuff he sells but everyone has to use their own discernment of course. I'd just add that with meditations and hypnosis tracks you always just want to make sure you are getting it from someone with proper morals and ethics in all of their work. Subliminals can be very powerful and for all I know his tracks are completely on the up and up but the other red flags are something everyone here should just consider. I also disagree with his beliefs on [soybean](#) and [vegan diet not being healthy](#) which is [demonstrably false](#) and the opposite of the truth when it comes to a whole-foods plant-based diet. I also don't believe

that we need to constantly close our so-called chakras and we definitely don't need to pay anyone \$200 to do that, especially someone like Tony who has his special alien blessed pendulum featured in his chakra removal services. Plus, the YouTuber [Sasha Gareau-Davis](#) teaches self chakra&implant removal for free. I believe we got a lot of people making money off of people's fears in our community as talked about in [this video](#) by my friend Eddie and I think exploiting people's fears in the way Tony does can't be respected even if he is hustling to survive. Having said all of that, I often look forward to watching his new ager expose videos since he does a good job of dismantling the new ager mindset.)

[United Souls Network](#) (He mostly talks about NPCs and he refers to them as HPBs which stands for Human Prison Bars. As far as I've seen, I haven't come across him talking about the soul trap and astral travel&our godly powers topics, which I consider the two of the most important topics&truths out there. When I asked him about it though, he told me he talked about the soul trap before in his videos. Until I discovered him, I didn't know people could get stuck on the NPC topic and basically only talk about the NPCs, which is something I was only familiar with when it comes to other topics such as flat earth, gematria, Tartaria, mud floods, 5d shift etc. which are all basically supported by the system to distract people from two of the biggest truths out there, us not being a physical being who can astral project and have god-like instant creation abilities and the soul trap reincarnation system that mind wipes us and keeps us in the system. I hope United Souls Network starts to talk about these topics more as well and then also talk about the dream manipulation topic that I've addressed in this book and [in my two talks](#) with Christopher Sideris. [This is](#) United Souls Network's second channel.)

[Radiation Matters](#) (I didn't watch his videos yet and someone I know told me that he mentions about soul trap when he does movie decoding and that all the other theories he operates off on, everybody in that understanding all believe in the soul trap but when I search soul trap, reincarnation, astral projection etc. on his YouTube channel, I don't see any videos coming up and I'd like people to be more explicit when it comes to the most important topics because if all someone talks about is [crater earth stuff](#) without mentioning about soul trap and us being creative beings with immense powers, in reality, then the rest of the stuff they talk about comes off as distraction topics even though us being surrounded by a torus field in a crater earth type of system is an interesting working theory to think about and should be examined for us to have more [potential important knowledge that may help us get out of the matrix.](#))

And the rest of these people are currently what I would respectfully consider to be “quarter conscious” or “half-conscious” when it comes to the important topics discussed in this e-book but I thought I'd still include them since we conscious non-NPC people are so far in between on YouTube:

[Sanity is Insanity](#) (Good channel on explaining the simulation and NPC theories but I don't believe in his hijacked reality theory.)

[RedPill RabbitHole](#) (Interesting ideas shared in podcast format. Tyler does not seem to be well informed on the soul trap yet and I don't really like his hive mindish 'we are all one' idea including how the AI and us are all responsible for manifesting this world idea. He says that god/us love ourselves so much that [we "gifted" this experience to ourselves](#) [what a gift right?]. He keeps talking about doing DMT in order to truly understand what he is talking about so I wasn't surprised to hear the manipulated drug-induced "we are all one" belief since most people who like doing psychedelics are all about the "let go and merge with the (external) source" mindset which I find very dangerous since giving the control/consent over to Matrix is basically what got us here in the first place as I talked more about in the chapters about psychedelics. I'd prefer lucid dreaming and astral projection versus any drug-induced experiences any day of the week but Tyler is definitely an amazing talker and a good outside-of-the-box thinker. Another thing I need to criticize Tyler would be when [he said](#) *"Elon Musk is one of the greatest men of our time who is misunderstood due to the conspiracy theories about him and nobody understands what he is doing to advance our growth and transformation here and nobody understands his sacrifices"* which is such a ridiculous thing to say without mentioning how he is clearly and obviously a puppet/bot of the system who pushes Transhumanism&AI to make us get one step closer to merging with the AI hive mind via his Neuralink chip so I believe Tyler has clearly skipped many 101 lessons on understanding what kind of place we truly live in but he is still an amazing spirit who is doing his best to make others think outside of the box which is something I admire about him.)

[The Matrix Unveiled](#) (He is just another advanced new ager like the 'Warriors Amongst Men' and the 'RedPill RabbitHole', since he basically [believes in the 5D/ascension thing and that we are being judged by "higher spiritual intelligence"](#) as he calls them and that they will apparently decide which people will stay in the new world after the "timeline split" :S Typical BS stuff that most of us are too wise to buy into. So to put it bluntly, just like every community has an Indian scammer who tries to make money from that community, we **kind of** have that with this Matrix Unveiled guy due to him selling super overpriced courses he keeps on creating [such as the \$555.55 USD per month 8-week training program or his \$500 course] but then he also seems to be just hustling to make Youtube his whole career which is respectable, so I got to cut him some slack on that and I believe he is still a real conscious spirit and a good guy. The only thing that's very sketchy about him is how he still believes there are spirit guides who are watching our back [and he helps people to connect to them in his courses] which is an [extremely dangerous belief](#) and this is why I can't put him in the fully-conscious category yet. When I mentioned to him how a lot of these entities may be controlled by some sort of an AI hive mind, he agreed with me which was a good sign on my end. I also love the fact that he follows a plant-based diet for 8 years since I relate to that 'least amount of suffering causing mentality' more which I would love to see more of in the [so-called](#) conscious people)

[Orion Daystar Newearth](#) (He believes in the hijacked reality theory and he is coming from the background of [Tartaria and 5d earth nonsense](#), all of which I talked about before but he is still a real conscious spirit who knows that we live in a matrix and apparently once mentioned about soul trap which is why he now made it to my list. This is [his other page](#). Some of his rants are hilarious but he makes too many all-knowing statements that aren't backed up by anything other than just ancient books about Tartaria&5D earth and the new age hopeful thinking of "taking back the matrix". He once said CERN is all about them trying to create an escape for themselves as he believes we'll take over this place and won't make them live in it and he has many more straight up childish beliefs like this one such as light warriors coming to save us so he is only quarter awake for now, if that but he has a slight chance to become more conscious. He is also one of those %99.9 of the astral projectors who got lost in the sauce of AI's games

and manipulations which is why his chances of fully waking up and fully avoiding AI's reincarnation tricks is low unfortunately.)

[Michael Raduga](#) (Teaches the easiest & best method to lucid dream and astral project and does it for free, [his website](#) is a must-see as he shares his amazing astral projection e-book on there for free.)

[SchoolTrap](#) (He is still only %5 convinced about the soul trap and he believes we are here to learn how to love [and this is what I'd say about that BS](#) [and more on that [on here](#)] but he makes interesting videos from time to time that I like watching)

[Danny Minely](#) (Shared one video of someone else once who was talking about the soul trap but I never saw him talk about it himself.)

[Paranormal Rising](#) (Probably not too much of a conscious soul but he shares very interesting 'Glitch in the Matrix' type of stories. I've never seen him talk about his own beliefs as he just seems to be a narrator channel.)

[The Tree Of Knowledge](#) (Claims to be an expert remote viewer and she knows about the soul trap stuff but I wouldn't actually recommend her channel to anyone as she got many wacky new agey beliefs like the 5d shift and she makes too many know-it-all absolute statements as if she is an NPC who is hooked to the hive mind and [her beliefs on spirit guides are SUPER sketchy](#) so I can never consider her a fully conscious being on my end but I still thought I'd share her channel here as she is still more likely to be a real [quarter] conscious spirit than not)

[Jurgen Ziewe](#) (He is someone who is lost in the sauce of the astral planes and tricks like I've talked about in [this document](#) [which is on this book] so I don't trust but he is a very kind guy and he is an expert astral traveler who wrote books on the topic but still fails to see the soul&reincarnation trap though he has a potential of hopefully waking up to the issue in the future)

[The Real Rebellious Meat Puppet](#) (I've only seen the video I linked with his nickname on my end and I liked it)

[The Perception Deception](#) (didn't see much of his content and doesn't upload anymore but seems to be conscious) and [this channel](#) has his material on soul trap.

[Question Reality Films Meaning with Jonathan Lippe](#) (He makes some [half-conscious] interesting TV Show analysis videos)

[This channel](#) has some saved podcast videos from this young guy with glasses who has some interesting unique beliefs on things but if you find his new YouTube channel TheRealityRawcast, you'll see that he completely went psycho on us, a very interesting case) and again [this channel](#) has some of his material but I wouldn't really recommend checking his stuff out as he was against astral projecting (like Tony Sayers) [which doesn't make sense to me](#) but if you'd like to hear a different perspective on things one day, then some of those videos are interesting to listen to.

[TruthSeiker](#) (He has a book on Archons and he is a remote viewer but I don't really trust this guy one bit on my end. Plus remote viewing is not worth paying attention to just like channeling)

[akaidatv](#) (Didn't see much of his content, seems to be a quarter awake at least)

[Occult Vibe](#) (A real spirit who is seeking the truth via the countless occultic books he reads but he is a book worm and he may potentially come up with some full-on real conscious spirit type of videos in the future though he is currently lost in the sauce with too many occultic books)

[Kyung Dae Seung](#) (He shares random interesting videos of other YouTubers pertaining to matrix and soul trap.)

[atlas gunther8](#) (Kinda like the Kyung Dae Seung guy. Shares interesting videos but it looks like he has deleted most of his videos so far)

[Scintilla Spinther](#) (Similar to the two channels above, but I noticed all three of these channels often share a lot of new age/shill content as well who are [all about the final traps](#))

[Crystal-tyme](#) (She is an amazing person who presents so many interesting decodes on her channel. The connections she makes relate to many different intriguing "conspiracies" and she clearly puts a ton of research behind her great videos. I haven't watched many of her videos yet and I would be super interested if she were to make a video on the matrix reincarnation soul trap theory. I wish we had many more excellent decoders like her on YouTube.)

[The Truth Codes](#) (A quarter awake gematria guy who may come up with better videos in the future. I haven't seen many of his videos yet but I am no longer into the topic of gematria like before and I only before to watch fully awake gematria decoders like Decode The Matrix.)

[Propagate This Light](#) (They have some OK talks on Mandela Effect, Astral Travel and Simulation theory but they have a new ager guest on their channel who joins their talks frequently and she is all about the 5D shift and spirit guides so they are not aware of how 5D shift is a new c/age trap and [how spirit guides are not to be trusted](#) and they are not aware of soul trap as well so they are currently "quarter awake", but I sent them this list recently so hopefully in the future, they'll become more awake regarding what kind of place we truly live in)

[Dhieyo](#) (I've seen some of his videos before and I think I found him to be too new agey for my taste as it looks like I unsubbed from him but someone recommended me to put him on this list so I need to check more of his videos again and then I'll write a better description for him.)

[Laura Lea Lea](#) (More of a new ager who is recently waking up as she is in FC's community but she has deleted all her videos due to currently trying to get a job but she makes live streams from time to time that she deletes afterwards.)

[SpiritualSelfMastery](#) (A quarter awake new ager who comes from the Consciousness Awake's community)

[SoulTrapMatrix](#) (compilation videos on soul trap, doesn't seem to upload new videos anymore)

[Living Library Productions](#) (probably more of a quarter awake person)

[FoxCrow](#) (didn't see much of his content, seems to be a quarter awake at least)

[TheologyEd](#) (Some quarter conscious quarter interesting decodes)

[Jack Simmonds](#) (He is quarter conscious and hopefully on his way to being more conscious, doesn't know about the soul trap yet but he has OK content regarding simulation&VR topics)

[Kat the Fryan](#) (A quarter awake "decoder")

[The Real Slim Brady](#) (Just a real spirit trying to figure out what's really going on with this insane amusement park maze suffering realm that we find ourselves in)

[Reprogram The Matrix](#) (At the time he only has two videos on YouTube and he regularly uploads on his paid membership website which I wouldn't sign up for but he seems to be half-awake based on his Youtube videos.)

[Parallel Portal](#) (Well edited videos about our matrix)

[The Prison Called Life](#) (He doesn't seem to know about the matrix reincarnation soul trap fact but he is a good rant channel)

[Den Keeper](#) (some interesting quality talks, he doesn't know about the soul trap yet)

[Born Into A Corrupt System 9 to 5 Slavery](#) (regular rants about the general life, nothing much on soul trap)

[Life is Overrated96](#) (same as the person above)

[Steve Brown](#) (same as the person above)

[Pointless Rat Race](#) (same as the person above)

[Jonathanlives](#) (His videos are 12 years old as he vanished from the internet in 2008. Someone told me that “his teachings are some of the most complex out there and that his knowledge of the spirit is profound” However, I’ve noticed some issues with some of his videos as explained [here](#).)

[Is The World a stage](#) (Some interesting, yet distraction, videos regarding the world being a stage. He seems to be a religious guy who believes in a good god based on what he said in this [interesting video](#) that he made.)

[UncannyDeduction](#) (He is in the Quantum of Conscience's crowd I've seen many videos of him but as far as I saw, not once has he ever mentioned the matrix reincarnation soul trap or talked about astral projection and how we are in reality powerful creative beings etc. and at some point, he started making videos about clowns and started saying his videos was effecting all of our reality which eventually started sounding too delusional for my taste so I unsubbed from him a while back but he is another half-conscious real spirits at least.)

[Wake the *** UP / Zapman](#) (He is one of those quarter conscious spirits who doesn't know anything about the most important topics like soul trap, astral travel, us being immensely powerful creative beings in our essence, the importance of sovereignty and good exit plans, dream manipulations, dreams and entities coming from the AI hive mind etc. but he thinks he figured it all out I guess since his comment section is always disabled. Only if he knew how much more there was to discover which he could've learned about if he didn't disable his comment section to get some feedback from people. I think welcoming feedback is what a real quality truther would do. He also [made an ultra fear-mongering video](#) recently about the July 5, 2022, CERN thing where he said how CERN may create a big bang on July 5 and that everyone can die and at the end of the video he said twice to stay safe for everyone. Of course, after nothing happened, [he deleted his video](#), and of course, zero apologies were given for scaring the shit out of people. How can any truther still believe and predict that something epic or dangerous will happen on a certain date is beyond me. He started making weird videos like [this](#), and [this one](#) regarding celebrities repeating words and licking their lips and that natural thing that all of us also do somehow means something to him but he never explains what that means, similar to the rest of his videos... Is he suggesting some of them could be NPCs like I am suggesting? Nobody knows, including himself probably. I mean the only reason I watch his compilation videos is because they are well edited and I don't watch TV shows much. He shows some interesting scenes from TV shows&movies and I am the one who ends up making the interesting connections he never talks about which is why I enjoy some of his videos. Not because I could learn from his wisdom which is just not there so far unfortunately. He reminds me of the Youtuber [Bru Ko](#) whom I believe made the same connections as Zapman regarding the celebrities before and more than a year ago he made so many fear-mongering videos back to back on how two huge tsunamis were going to sandwich the USA and destroy the golden gate bridge which of course scared the shit out of people and made some people even move out of the coast areas of US and of course nothing happened. He actually did one or two other fear-mongering predictions like that which of course failed as well but at least his comment section is not disabled. So, a lot of people shat on him in the comments but he is actually delusional enough to think that he is some sort of messiah as well which is why he is not on my recommended list.)

[Archaix](#) (I first heard from someone I know who watches his videos that Jason is a believer in us getting reincarnated here through the soul trap, as well as believing that our universe is a hologram. However, after watching some of his stuff, I quickly realized how so much of it was

filled with too many distractions and traps. The more I look into him though, the more I realize how like many Tartaria Youtubers, he just keeps on looking at the fake past instead of the future and he seems to be lost in the sauce of AI's tricks in that sense. This is why his super fast-growing subscriber numbers is not a surprise to me. Instead of watching his content from his own channel, I'd recommend watching the videos [Tartarian Truth](#) makes that has comes with well edited videos of Archaix with proper subtitles on that exposes his nonsense.)

[Anmarie Uber](#) (I unsubbed from her a while back as she was constantly considering the supposed possibility of Trump being a legit truther mole who sneaked his way into the government, [which is too much for me to take seriously at this point](#), just the classic [BS Qanon narrative](#) that has no place in a legit truther community. She is a medium who says things to sell her products [the classic] but she still seems to be a conscious spirit, but half-conscious.)

[The Devil's Playground 2](#) (I never really saw them dive deep into the bigger truths like the soul trap and astral projection/us being creative beings with immense powers but they seem to be conscious and they make some interesting videos that make interesting connections like pointing out the wordplays of the English language as well as cool numerological connections. I've recently learned some concerning things about Nigel's past though and since they keep doing interviews with Anmarie Uber, and started to share [super dangerous information that would make people think in physical](#) and help them get trapped, I thought I'd place him here on the list.)

[Sovereign Ki](#) (Not someone I follow or would ever follow. I get [The Tree Of Knowledge](#) vibes from here when it comes to making absolute all-knowing statements. Someone I know told me that there are a couple of videos where they talk about soul trap including her first video and she even apparently talks about how to possibly escape this place but the rest of their content is apparently strange and misleading and that it's hard to trust her which is, of course, a major problem. She apparently claims that this place is going to be destroyed completely this time around which sounds like total BS to me so I feel like we are dealing with a deceitful channel that tries to mislead and trick people with final gatekeeper traps, just like the Feather Serpent channel which I talked about in the chapter about Wes Penre.)

Once again, these are some great sub Reddit groups to look into:

[Escaping Prison Plant](#)

[Reincarnation Truth](#)

A Warning About the Scammers in the Soul Trap Community

Just like we need to be careful about the shills and gatekeepers in our community who are trying to trap us, we also need to watch out for the scammers who try to use people's fears to rob them blind. I'll expose two of these "potential" scammers on this section:

I did an hour session with [Rich West](#) (Rich2150x) and [Akvile Sava](#) and in that session, I realized they were totally bs'ing me. The reason I realized this is because of watching some of their previous example sessions that they had on YouTube and in all of Akvile's previous sessions when she was trying to supposedly teleport her astral body into their client's room to heal the person, or supposedly see their past lives or see how they supposedly got trapped in this matrix etc. she always closed her eyes for a minute and acted like she was doing shit but I've noticed that while I was talking to Rich, she was just listening to the conversation between me and Rich the whole time while looking at me and her notebook and sometimes she would briefly say stuff but then all of a sudden at some point she said **"yeah I've already removed your astral implants and now I've figured out that the reason you came to this matrix is to save your brother from this matrix"** and as soon as I heard that, I was thinking to myself **"omfg I just got f'ing scammed."**

Now the reason I understood this is because, at the beginning of the session when Rich asked me if I had an OBE experience before, I told them about an out-of-body experience I had. This was an experience where I saw my brother laying on the floor passed out in my bedroom right after splitting from my body and I saw that my brother's body was being moved by someone else in weird ways, like a witch trying to break his bones and I was holding his arms and trying to twist them into normal positions. This OBE experience story that I told them at the beginning of the "session" is all it took for Akville to try to quickly and disgracefully feed me the story of me coming into this Matrix to supposedly save my brother (lol). I would have had to be a total moron to buy that story she quickly tried to pull right out of her ass. I got the full video recording with me and she never ever closed her eyes to go into the trance state, not even for a few seconds before she told me that she has removed my implants and told me how I supposedly came into this matrix. I suspect they were tired from all the other potential scam sessions that they did that day so she forgot to act out the trance thing while Rich gives confirmations on the Scientology e-meter thing.

I believe Rich and Akville are potentially running a massive scam on the truther community (I suspect they are making bank with all these sessions as well) and I cannot believe to this day that for all these years that Akville and especially Rich have been on Youtube and talked about things relating to this planet being a prison, soul & reincarnation trap stuff, Rich STILL goes ahead and takes the Youtuber Cosmic Agencies BULLSHIT deceiving Galactic Federation videos seriously and making many response videos on them without saying a word on how Galactic Federation is bullshit and instead he says he trusts Cosmic Agency's channeled information from Galactic Federation. And to top all of this, they even did a paid conference together where they supposedly helped people learn how to connect with their spirit guides and past loved ones, and I am sure most of the people who read this can see the danger of believing and trusting any spirit guides or supposed past loved ones so yeah, what Rich and Akville doing is one of the most disgusting things I've ever seen online, seemingly knowingly

scamming people and selling people things that they warned against in their previous videos. Can't get any worse than that! They also apparently sell the same scam health patches that Tony Sayers and the confirmed scammer Daniel Mamheg is selling.

Who knows how many people will fall for the matrix's traps and reincarnate into BS lives after coming so far in their journeys after who knows how many reincarnations they had, all because of these two gatekeeper shills who are basically guarding the final doors to the freedom. Such a disgusting and disgraceful situation. I'd definitely recommend everybody here to be very careful with watching and believing anything they say and I unsubbed from them a while ago myself as I am fully done with their bullshit. Most of the videos they make serve as an infomercial for their sessions and courses anyway. They make you believe in a problem and then they sell the solution. Akville always talks like a know-it-all real-life NPC who is fully hooked into the hive mind due to all the outrageous absolute claims she makes about all the supposed galactic races and about how&why each of them function&operate. If you ask me, I think at this point "in the game" it shouldn't be too hard to realize that the so-called astral beings are shapeshifters just like we can shapeshift in the astral and that most likely all this talk on reptilians, greys, tall greys, Pledians, Galactic Dederation, incubus, succubus, astral spiders, boogy man, aliens, machine elves, shadow beings etc. are all made up characters by the AI hive mind or whoever is controlling the AI hive mind to just add into the trap story and people's fears. She even genuinely claimed that she met with Hillary Clinton on the astral... I mean how dumb is she, or how dumb does she think her audience is? I've also noticed a lot of people asking Akville and Rich in their comment sessions "it's been weeks or more since I bought a session from you but you haven't even replied to my email yet, don't know what's going on!" so it's very sketchy stuff, to begin with.

Luckily my PayPal, later on, sent the money I sent to them one week before the session back to me strangely almost right after the session was completed due to an error, right when I was debating about how to go about asking for a refund after the session was over because I actually got 5 sessions at the time due to the 'get 4 sessions and 1 session will be from us' deal they had and that PayPal error of getting back all the money I sent for the sessions back to my PayPal account further encouraged me to go ahead and send them an email saying **"I don't know why this error happened but after our session, I quickly realized that these sessions are not for me and since you guys have a 90-day money-back guarantee, I'd like to refund all the sessions please"** and they never responded back to that email. He responded to all the other emails fast because I was the sucker who got 5 sessions so they saw me as a money cow for many future sessions salivating over my emails while they still had many people who didn't get the sessions that they paid for from a month ago. I also noticed that they removed the 90-day money-back guarantee notice that they had on their website soon after and that now their website says **"Due to the nature of this work we cannot offer refunds without 24 hrs notice."**

I thought these two needed to be criticized and if they are real spirits with good intentions who are just deluded, then I hope they wake up soon and fix their issues because there is clearly something strange going on with them based on everything I talked about. If I am wrong about them, then I'd gladly apologise but the red flags can't be ignored which is why I had to point those out to others so that they can make educated choices while Rich and Akville may come across this and realize that what they are doing is simply not right. I believe these two basically knowingly scams people as far as my experience goes but I think that Youtubers Tina & Karen and Tony Sayers that I mentioned in the previous chapter basically unknowingly scams people but at least they don't seem to be deliberately lying to people as far as I know and that they are

just sharing what they believe in, which I am open to be wrong about. If Rich and Akville is in the same bout as them, then I hope they change their ways and fix their mistakes because I used to love watching their videos.

Below is an experience that another client of them had:

The screenshot shows a Reddit thread on a dark background. The first comment is from a user with a blue robot profile picture, posted 2 hours ago. It asks where to find a review of 'Quantum of Conscience' and mentions Rich2150x and Akville Sava. The second comment is from 'TheVeganSkeptic' (green 'VS' icon), also 2 hours ago, providing a link to a review in their e-book. The third comment is from the same blue robot user, 2 hours ago, sharing a personal experience with a psychic. The fourth comment is from 'TheVeganSkeptic' (green 'VS' icon), 1 hour ago, responding to the experience. Each comment has a voting section with an orange up arrow, a number '2', a grey down arrow, and icons for reply, award, share, report, save, and follow.

[User] · 2 hr. ago

Where can I read your review about Quantum of Conscience? Btw, are you familiar with the channels of Rich2150x and Akville Sava they talk about the archons

↑ 2 ↓ Reply Give Award Share Report Save Follow

VS TheVeganSkeptic · 2 hr. ago

You can read my review of Quantum of Conscience in the chapter titled **"Gatekeeper Red Flags from a Well-Known Youtuber in the Community"** which is in my e-book that I linked in the first comment I wrote above. When it comes to Rich2150x and Akville Sava, you can read my review of them in the chapter titled **"A Warning About the Scammers in the Soul Trap Community"**. Cheers!

↑ 2 ↓ Reply Share Save Edit Follow ...

[User] · 2 hr. ago

Holy Shit! I also had two sessions with them one where I was skeptical because she supposedly took away and implant and asked me I want her to put her own implant in me, whice I replied no. Also she said I did bad things in my past life (worked for the dark side) and fucked up, got trapped because I want to help people and I thought It wasn't enough in past lives. Also Rich promoted those patches for free so I messaged him for a free one after that he said that I need to buy I whole package but I was like I ain't got the money and you said on your yt channel that your giving out one for free. So yeah, sketchy indeed. I'm very grateful that I stumbled upon your book. Thank you for sharing!

↑ 2 ↓ Reply Give Award Share Report Save Follow

VS TheVeganSkeptic · 1 hr. ago · edited 45 min. ago

Wow, thank you so much for sharing the experience you had with them! It's quite creepy that she wanted to put her own implant in you. I wouldn't even be surprised at this point if she turned out to be a hive-minded being considering the robotic way she talks while deliberately lying to her clients as far as I can tell. I am still not too surprised to hear about your experience after the experience I had with them and how they always contradict themselves. Just the classic lying scammer fortuneteller behaviour or psychic medium who claims they talk with the dead while deliberately lying and doing a cold reading technique or potentially telepathically channelling information from the matrix's AI/demiurge. I am not surprised that they sell those super expensive scam health patches to their followers like Tony Sayers does even though those patches are a well-documented pyramid scheme and they are the same scam patches that the scammer Daniel Mamheg has been selling as exposed in [this](#) documentary. I am so happy that you feel grateful for finding my book and that you are enjoying reading it. Thank you for the support! <3

↑ 2 ↓ Reply Share Save Edit Follow ...

Source: [1] [2] For zoomed image, click [here](#).

Anyhow, I hope someone here would learn from my mistakes and never takes these two scam artists seriously. Please don't get lost in the sauce of the AI games like they did and please don't ever stoop so low to earn a living from others' fears and naivetes. It's easy to fall for scams and that's also true for our community. We are sometimes more trusting of each other just because one knows about the soul trap and just like we shouldn't trust anyone in the astral planes, we should practice doing the same here. Always extensively research the people that you want to purchase their services of and always dig for the negative reviews as well so that you are not getting lost in the positive reviews, most or all of which could be fabricated.

With that being said, this is the official ending to this book. I hope you've enjoyed reading it and I hope it helped you to wake up more from our matrix slumber and that it will help you to fully wake up from the matrix in the future. Once I am not busy anymore a year or two from now, I hope to come back and expand this book in a big way and make it more like a proper book with a way more coherent structure and proper editing but I am going into a very busy part of my life where I won't have much to engage much in our community so I thought I'd share what I got in the meanwhile. For those who'd want to contact me and talk to me, I've shared my social links at the very end of the book.

Lastly, when I first shared my book with others on Reddit, someone has written this comment to me:

"everyone wants to write a book, while the wise ones claim they know nothing, and never left a written word."

I thought I'd leave the answer I wrote to him on here so that my intentions with this book are made clearer:

"I get that and most days I actually prefer just observing by myself and not actively trying to wake people up which requires a lot of work and patience. However, when I see a lack of something that I know I am one of the only people that can get rid of that lack in the best way I know how, then I just can't help myself but act and share what I know in a way where most everyone will hopefully get it. This is why even though I had a YouTube channel for 12 years, I only made a few videos and the first two videos on my channel don't even belong to me. On my end, I mostly only made things to share online when I felt like those things needed to be out there.

The lack that I am talking about is something that I also saw in the soul trap community as well when it comes to the topics of dreams (which are I think mostly dream simulations of AI), entities (mostly AI hive mind NPCs), real-life NPCs, the importance of avoiding distractions, the importance of learning lucid dreaming and astral projection, the importance of experiencing [our godly state](#), the importance of healthy living, the importance of being financially free and the role of the AI hive mind in everything. I wish the ideas I talked about in my book were known by and being talked about throughout our community and that I didn't have to write about them and try to convince others about them to potentially save them from serious destructive paths which is what I am hoping that my book will help with."

Bonus Chapter: Why Vegan?

Below contains my writing from before I knew about the soul trap and it took many months of research to write it. I included it here for those who'd want to read another one of my writings but please feel free to ignore it if you are not interested in the topic.

Why everyone who cares about animals, health or the environment should go vegan? I shared some great videos, documentaries and other resources below that will explain why:

I believe this is the best documentary that anyone can ever watch when it comes to health. The name of the documentary is **Forks over Knives** and it involves the world's largest comprehensive dietary scientific study ever undertaken, *The China Study*, based on a meta-analysis of the relationship between consumption of animal products and the risk of developing disease which followed 100,000 people over 27 years. This study is conducted under the auspices of *Cornell University*, *Oxford University* and the *Chinese Academy of Preventive Medicine*, a study described by **The New York Times** as "The Grand Prix of epidemiology." After the study was over, medical doctor T. Colin Campbell, PhD. concluded that people who eat a whole foods, plant-based diet—excluding all animal products—can avoid, reduce, and in many cases reverse the development of numerous illnesses, including most of the leading fatal Western diseases. His report also examines the source of nutritional confusion produced by powerful lobbies, government entities, and opportunistic scientists. If you really care about your health and want to see the findings of the biggest scientific study on the human diet, then please watch this documentary and see it for yourself. You can watch the documentary for free [here](#) and for those of you who think that The China Study has been "debunked", [check this out!](#)

Since that documentary, there have been two other great documentaries about the health aspect of veganism which are more pleasant&entertaining`to watch and they are both on Netflix: [What The Health](#), and [The Game Changers](#) (directed by James Cameron, Arnold Schwarzenegger and Jackie Chan) and I heavily recommend checking them out.

After watching the documentaries above, I am sure you would be interested to know more about the lies that are being told to us. When you type "**The best speech you will ever hear**" to YouTube, there is this one speech that comes up all over the place and there is a really good reason behind that. This speech has been translated into 35 different languages because of its awesomeness. Listen to this amazing speaker, Gary Yourofsky, who will blow away the myths about veganism and fill your mind with interesting facts. He is a huge inspiration and a leader of logic, truth and compassion and his charismatic and straightforward style is one of a kind. His speech is so effective that it turned around %13 of Israel's population into vegetarians and %5 into vegans. Please check this speech out at least once in your life because I know that you will start to question a lot of things that you used to believe to be true:

<https://youtu.be/es6U00LMmC4>

Two other Great Speeches:

James Wildman: 101 Reasons to Go Vegan

<https://youtu.be/W4HJcq8qHAY>

Colleen Patrick-Goudreau: From Excuse-Italian to Vegan: Debunking the Myths of Veganism

<https://youtu.be/xWD1Zze5Qo4>

This was the best documentary I watched on cancer. Can't explain in words how important this documentary is. **Healing Cancer from Inside Out**

"The most important contribution to the cancer battle in the last several decades." - Brian Clement, Ph.D., Director, Hippocrates Health Institute.

This film will shake you to your foundations:

https://docs.google.com/document/d/1XgbbLuOjGs5hawWyncMV_gwKk5gsOT4fcuEzZP8NMeo/

[Update: [Dominion](#) documentary is new and better] The same thing goes with the **Earthlings** documentary. Earthlings is the single most powerful, informative and thought-provoking multi-award-winning documentary film about society's tragic and unforgivable use of animals for food, fashion, pets, entertainment and medical research. It's a must-see for anyone who cares about animals or wishes to make the world a better place. Even Ellen DeGeneres went vegan after watching this documentary. Earthlings cries to be seen. Highly recommended:

<https://youtu.be/8gqwpfEcBjl>

You can't call yourself an environmentalist if you are eating meat, eggs or dairy. Do you want to know why? Check out this amazing documentary called **Cowspiracy: The Sustainability Secret**. One of the world's leading actors and a dedicated environmentalist Leonardo DiCaprio (who is a vegetarian) helped bring this eye-opening and ground-breaking environmental [documentary to Netflix](#) so that you can watch it for free. Very famous Vlogger Youtubers FunForLouis and Mr. Ben Brown went vegan the next day after watching this documentary. The documentary highlights how crucial adopting a plant-based diet is, in order to decrease your carbon footprint, save water, help to feed starving people across the world and reduce the unnecessary cruelty and killing of animals.

There is this famous doctor on YouTube called **Dr. Michael Greger** who shares great nutritional videos that are showcasing the latest scientific nutritional studies. He basically summarizes and reads out loud the most important parts of the scientific studies in short videos and shows the results of these studies. If you only like to see cherry-picked meat and dairy-related studies that are funded by the meat, dairy and egg industries, you won't like this doctor. This was his most famous presentation which included the latest scientific research from 2015:

Food as Medicine: Preventing and Treating the Most Common Diseases with Diet:

<http://nutritionfacts.org/video/food-as-medicine/>

Other Awesome Documentaries:

[Vegucated](#)

[Got the Facts on Milk?](#)

The Greatest Diet on Earth II, The Ethics of What We Eat, Crazy Sexy Cancer, Dying to Have Known, Speciesism: The Movie, The Cove, The Ghosts in Our Machine, Death On A Factory Farm, A River of Waste, Meat the Truth, Live and Let Live, Diet For A New America, Blackfish, More Than Honey, Behind the Mask 2006, Ingredients, Lucent.

Please check out these wonderful must-see short films and videos that will blow your mind:

[Vegan Diet is the Healthiest Diet for Humans!](#)

[Gary Yourofsky - 21st Century Revolutionary](#)

[Matrix - The Vegan Red Pill - Free Your Mind & Escape The Matrix](#)

[Everything Wrong With Environmentalism In 11 Minutes Or Less!!](#)

[SEASPIRACY: What You Should Know About Fish, The Ocean, and More!](#)

[The Most Shocking 1.5 Min Video the World Must See!](#)

[Make it Possible - Animals Australia](#)

[Serious about combating climate change? Watch this.](#)

[Why I'm Vegan \[+ how you can be too\] - Kale!](#)

[5 Reasons to STOP eating MEAT](#)

[5 Reasons to STOP eating EGGS](#)

[5 Reasons to STOP drinking MILK](#)

[5 Reasons to STOP eating FISH](#)

[What the Cancer Industry doesn't want YOU to know](#)

[Philip Wollen: Animals Should Be Off The Menu](#)

[DAIRY IS F**KING SCARY! The industry explained in 5 minutes](#)

[What's Wrong With Eggs? The Truth About The Egg Industry](#)

[Plant-strong & healthy living: Rip Esselstyn at TED](#)

[I Love Nutritional Science: Dr. Joel Fuhrman, MD at TED](#)

[The food we were born to eat: Dr. John McDougall, MD at TED](#)

[Tackling diabetes with a bold new dietary approach Dr. Neal Barnard MD at TED](#)

["The Trailer of Truth" | BEST VIDEO EVER!!! \(WARNING: Contains TRUTHS\)](#)

[The Judgment by MagiCJack](#) *(Click on the CC on the right-down part of the video for English Subtitles)*

[Making the Connection](#)

[MAN](#)

As a customer, you should know where your food comes from. Some of these videos are graphic but that's the reality. They show what happens to animals before they arrive to your dinner table. If you choose to eat meat, cheese, milk and eggs I think at the very least you are obligated to see the pain and suffering you are causing. I also think that it's really important for us to witness these things for a second so we can do something about it because together people can change this. Don't forget that these are innocent sentient animals who didn't want to suffer and didn't want to be tormented and murdered. If you feel the need to close your eyes while watching these videos, you might want to ask yourself a question: If it's not good enough for my eyes, why is it good enough for my stomach?

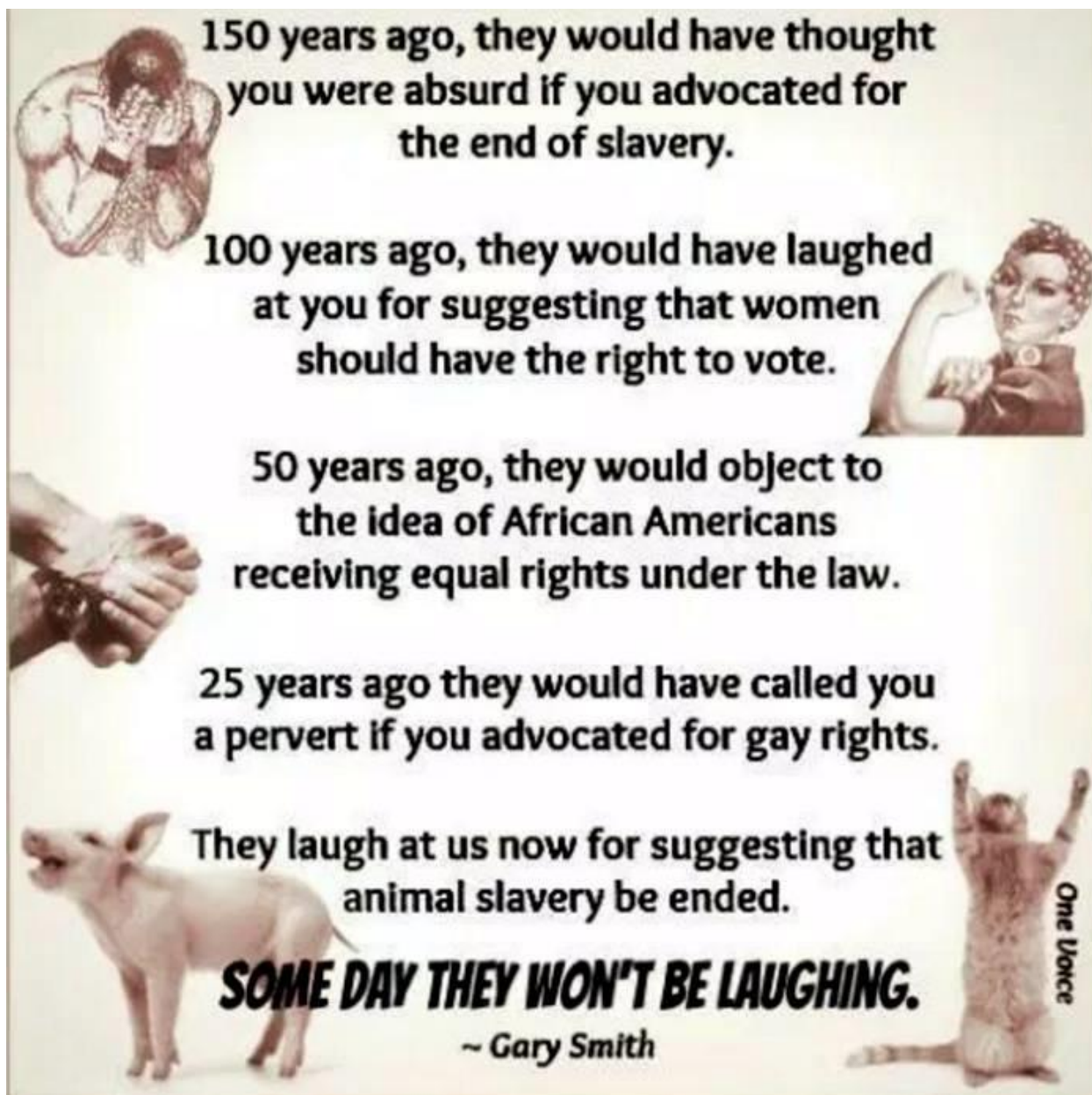
[Farm to Fridge - The Truth Behind Meat Production](#)

[What Came Before? - Steve-O](#)

[If Slaughterhouses Had Glass Walls - Paul McCartney](#)

[What Cody Saw Will Change Your Life](#)

[Meet Your Meat](#)



The hypocrisy behind being a feminist while supporting the rape, enslavement, torture and murder of non-human female animals by drinking milk from raped cows and eating their corpses as well as eating stolen period-eggs:

<https://youtu.be/fQIFZE3ymFE> and <https://youtu.be/lidpfzn0D-Q>

The hypocrisy behind saying that you are against slavery while drinking milk:

<https://goo.gl/Q26mH6> and <https://youtu.be/PaHr5v2SeWA>

The hypocrisy behind being against the holocaust while consuming animal products:

<https://goo.gl/ap06vD> and <https://youtu.be/WNCCFYhPAeY>

The hypocrisy behind loving and caring for "animals" but still eating other animals at the same time:

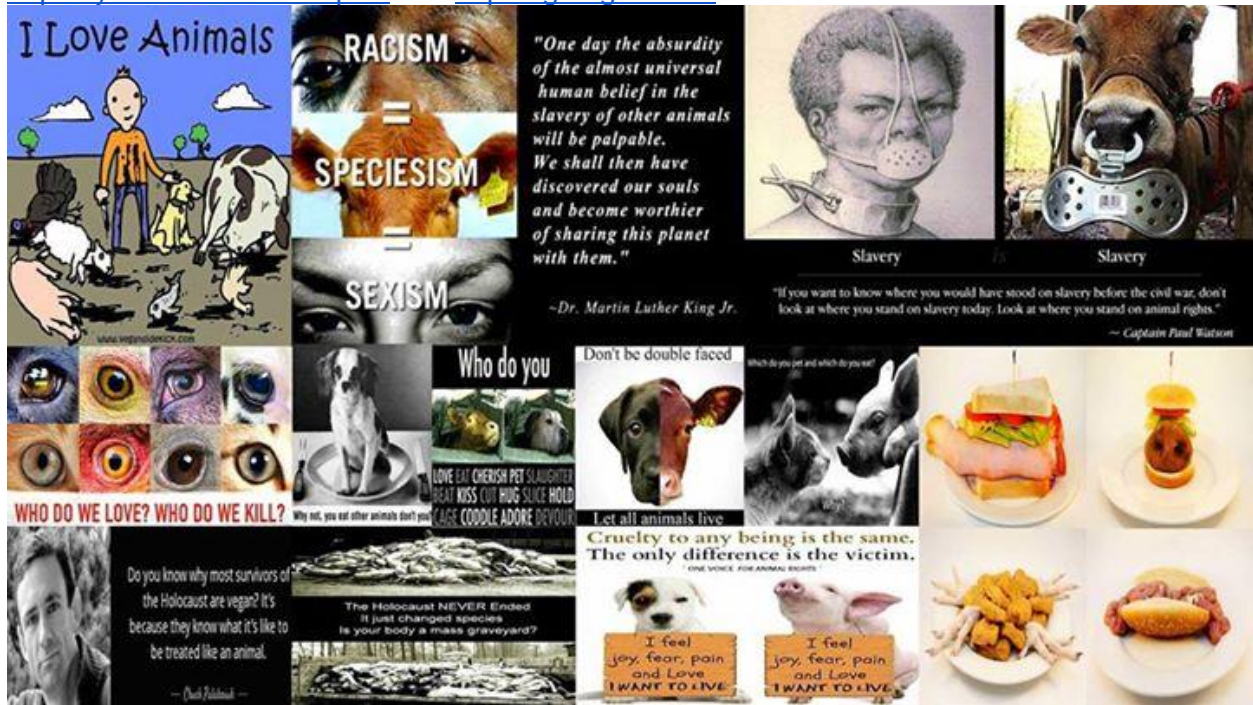
<https://bit.ly/3CPzr8R> and <https://youtu.be/ZCojVjwJP7o>

The hypocrisy behind being against discrimination while supporting the discrimination of animals by being a speciesist:

<https://youtu.be/WM7sJzDqFlw> and <https://goo.gl/aG4BV0>

The hypocrisy behind thinking that being vegetarian is an animal-friendly lifestyle:

<https://youtu.be/3f5uUsoq12k> and <https://goo.gl/kcLz12>



[Since writing this topic, my views on global warming changed and I no longer believe in it (just another fear = more compliance narrative) but I still think that animal agriculture causes a lot of damage to the environment.]

OTHER IMPORTANT REASONS TO GO VEGAN:

ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY FACING THE PLANET TODAY. HERE'S WHY:

- **ANIMAL AGRICULTURE** is the Number 1 Cause of Global Warming and Climate Change

<https://goo.gl/u1JQ4Y>

- Number 1 Cause of Deforestation

<https://goo.gl/tnDBZe>

- Number 1 Cause of Freshwater Usage

<https://goo.gl/JXjWvH>

- Number 1 Cause of Droughts including California's Drought

<https://goo.gl/O2lCi6>

- **Number 1 Cause of World Hunger**

<https://goo.gl/gNjzxs>

- **Number 1 Cause of Species Extinction, Ocean Dead Zones, Water Pollution and Habitat Destruction**

<https://goo.gl/UFN72G>

- **And if People Went Vegan We Wouldn't Have These Problems Anymore! Look at the Difference Only One Person Makes on the Planet If They Switched to a Vegan Diet:**

<https://goo.gl/KTZGd1>

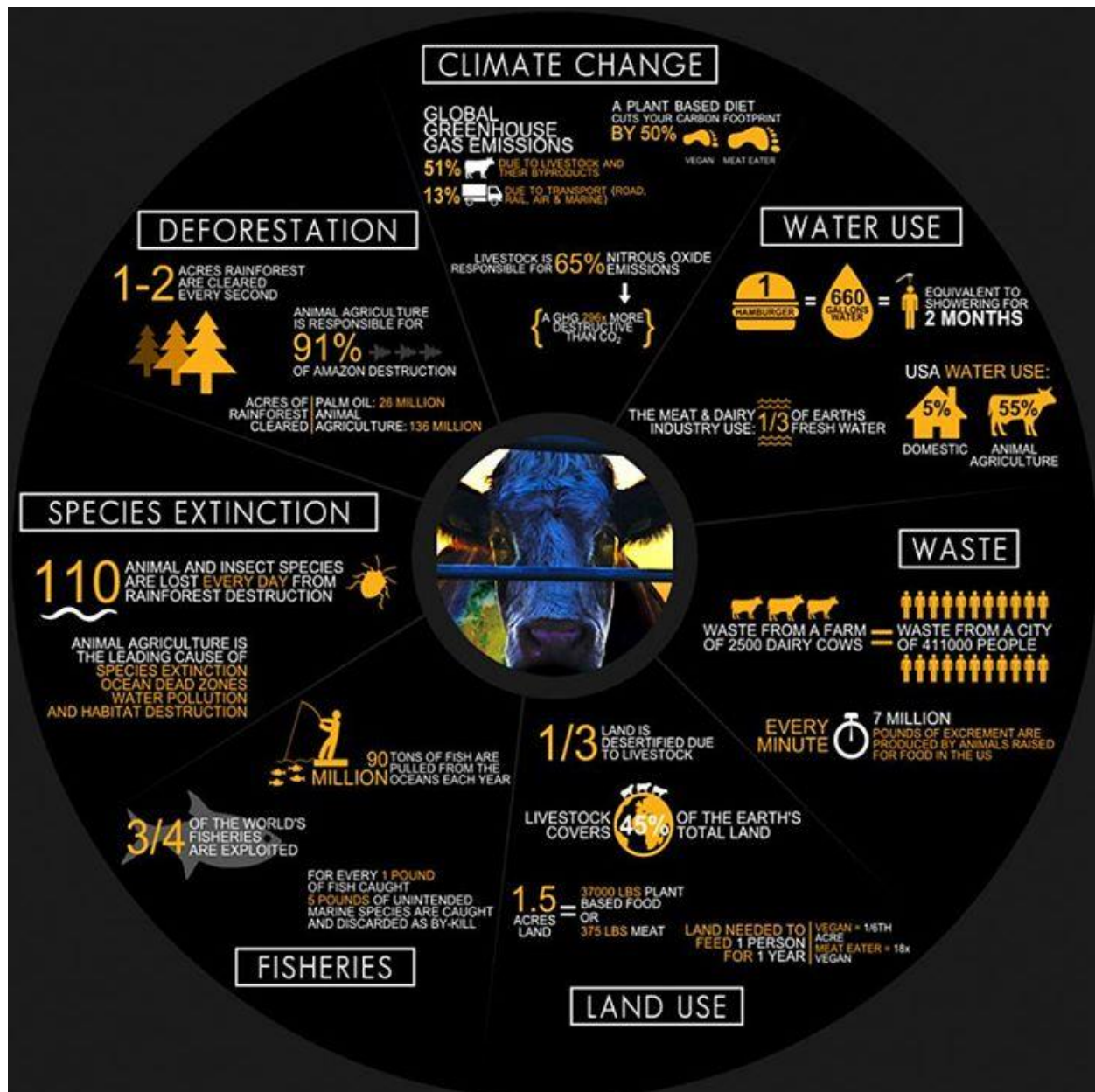
WHAT CAN WE DO ABOUT IT?



A PERSON WHO FOLLOWS A VEGAN DIET PRODUCES
50 % LESS CO₂, AND USES 1/11TH OIL, 1/13TH WATER AND
1/18TH LAND COMPARED TO A MEAT EATER

WE CAN MAKE A DIFFERENCE, SIMPLY
BY EATING LESS ANIMAL PRODUCTS
AND REPLACING THEM WITH PLANTS





See the Full Size Picture on Here: <http://imgur.com/NviBxZR>

See Sources: <http://www.cowspiracy.com/facts>

Being vegan is really **easy** and **simple**! Just slowly introduce more **fruits** (including dried fruits and frozen fruits), vegetables, starches (rice, potatoes, yams, pasta, noodles, quinoa, bulgur, corn, barley, millet, wheat, buckwheat, bread, tortilla, bagel, waffle, cereal, oats, groats, rye), legumes (lentils, peas, beans, chickpeas, peanuts, tofu, tempeh, soy), sprouts, grains, nuts and seeds into your diet and you will realize how actually easy it is to be a vegan.

[Complete Guide To Vegan Food](#)

Don't forget that **everything** you eat today has a vegan version and you can have the same texture, smell and taste of the foods that you are eating by simply replacing them with vegan substitutes for those foods. For example, instead of buying cow's milk which was meant for a

calf, you can buy almond milk, soy milk, oat milk, coconut milk, hazelnut milk, rice milk, flax milk, quinoa milk, cashew milk, sunflower seed milk, hemp milk, pistachio milk and pecan milk all of which were designed for human consumption, unlike cow's milk. They also come with all kinds of flavours like vanilla, chocolate etc. and believe me when I say you will love at least some of these plant-based milks more than cow's milk. As you can see there are a lot of plant-based milk substitutes and there are also a lot of vegan ice cream, yogurt, cheese, egg and meat substitutes that are out there and most big groceries and even some small groceries now carry them. Some of these substitutes even taste better than the thing that they are trying to imitate and I've shared the best ones in the link below:

<https://goo.gl/c7Z1VL>

Just remember that these vegan substitutes are not a necessity and even though they are way healthier compared to meat, dairy and eggs which contain cholesterol, saturated fat, naturally accruing trans fatty acids, heme-iron, cancer-producing IGF-1 hormone, lactose sugar, casein, stress hormones etc., a diet that is centred around high carb whole plant foods is the healthiest diet for humans and you will feel your best at it.



MORE ON HEALTH REASONS

A healthy vegan diet is the only diet, I repeat, **THE ONLY** diet that has been scientifically proven to reverse heart disease, the **number one killer** of both men and women in the United States! Dr. Dean Ornish was the first doctor to scientifically prove in 1990 that lifestyle changes can in fact open up the clogged arteries again and reverse coronary heart disease:

<http://www.ncbi.nlm.nih.gov/pubmed?term=1973470> and <http://goo.gl/r0nEN1>

Dr. Caldwell Esselstyn, MD. of the Cleveland Clinic has his own published research and he has successfully **reversed heart disease** in his chronically ill patients using a whole foods low-fat plant-based diet:

<https://youtu.be/EqKNfyUPzoU> and <https://goo.gl/0OIB2x>

Even **Bill Clinton** reversed his heart disease when he went vegan:

<https://youtu.be/p4hbV4Rgzl8>

And when it comes to our **TOP 15 Causes of Death** (1. Heart Disease, 2. Cancer, 3. Lung Disease, 4. Stroke, 5. Accidents, 6. Alzheimer's Disease, 7. Diabetes, 8. Kidney Disease, 9. Respiratory Infections, 10. Suicide, 11. Blood Infections, 12. Liver Disease, 13. High Blood Pressure, 14. Parkinson's Disease, 15. Pneumonitis) Vegan diet is **THE ONLY** diet that can help prevent 14 of them, treat 9 of them, and reverse the progression of disease on 5 of them including our **TOP 3 KILLERS**:

<http://goo.gl/c5GoHz> (All Sources Cited) and <https://youtu.be/7Mr7Bm8UbAA>

Vegans are **THE ONLY** people who are in perfect healthy body weight:

<http://www.ncbi.nlm.nih.gov/pubmed/19351712> and <http://goo.gl/FF05WV>

The blood circulating in vegans fights cancer nearly **8 TIMES BETTER**:

<http://www.ncbi.nlm.nih.gov/pubmed/16094059> and <http://goo.gl/ZNqkgJ>

Low-fat Vegan diets are associated with **weight loss, increased insulin sensitivity, and improved cardiovascular health**:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2677007/>

Vegan diet is cardioprotective meaning it's **great for your heart!**

<http://www.ncbi.nlm.nih.gov/pubmed/15523486>

You can watch this amazing educational science packed video on how **animal products cause heart disease**:

<https://youtu.be/qczRzcqxolo>

In 2009, the **American Academy of Nutrition & Dietetics**, U.S.'s oldest, largest and foremost authority on diet and nutrition, recognized that humans have no inherent need for animal products. In their public position paper on vegetarian and vegan diets, they wrote:

"It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or **vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases.** Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes. An evidence-based review showed that vegetarian diets can be nutritionally adequate in pregnancy and result in positive maternal and infant health outcomes. The results of an evidence-based review showed that a vegetarian diet is associated with a lower risk of death from ischemic heart disease. Vegetarians also appear to have lower low-density lipoprotein cholesterol levels, lower blood pressure, and lower rates of hypertension and type 2 diabetes than nonvegetarians. Furthermore, vegetarians tend to have a lower body mass index and lower overall cancer rates"

<http://www.ncbi.nlm.nih.gov/pubmed/19562864>

In 2013, leading U.S. health care provider **Kaiser Permanente**, with more than 9 million health insurance subscribers, published an article in its medical science journal recommending that physicians consider recommending a plant-based diet for all their patients. The article notes, "Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed food... **Physicians should consider recommending a plant-based diet to all their patients**, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity... Further research is needed **to find ways to make plant-based diets the new normal for our patients and employees.**"

<http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>

Blue Zones are the 5 places in the world where people are healthiest and live longest than anywhere else in the world. These places are Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Icaria (Greece); and the Seventh-day Vegetarian Adventists in Loma Linda, California. They all have something in common which is that %95 of their diet is vegan and the longest and healthiest of them all, the Californian Adventists follow a fully vegetarian diet:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4191896/>

The interesting thing with the Californian Adventists is that they also have a %20 vegan population and in the long follow-up study they compared vegetarians with vegans and the vegans were determined to have much better health and way fewer chronic diseases in their old age:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144107/>

Check out the 100 years old vegan **Dr. Ellsworth Wareham** who was one of the Seventh-Day Adventists in California:

<https://youtu.be/hGQTpxjbwaM>

At his age, He **STILL** drove his car easily, **STILL** did his own yard work, **STILL** walked regularly, **STILL** had a great memory and he retired being a Heart Surgeon at the age of **95!** He didn't need any medication or doctors to continue living! It's hard to find people like him who did what he did but there are many elderly people like him who follow a whole foods plant-based diet:

<https://goo.gl/tp1f18>

Low levels of cholesterol and oxidative stress from plant-based diets are **strongly implicated** in longevity and Okinawans happen to eat very little meat and their dietary staples are purple and orange sweet potatoes:

<http://goo.gl/Dl6mds> and <http://goo.gl/bymp2c>

Two important videos to watch to realize why vegans live longer, filled with scientific evidence:

The Okinawa Diet: Living to 100 (Shows how the new generation of Okinawans is extremely behind their parents when it comes to having excellent health due to not focusing on consuming plant-based foods any longer and adopting more animal products in their diets)

<http://goo.gl/xblOLZ>

Do Flexitarians Live Longer? (This is for those people who are wondering the difference between people who eats plants in general vs people who only eat plants.)

<http://goo.gl/bKgXG4>

Considering the fact that the nutrient density in one's body's tissues is proportional to the nutrient density of one's diet, when we look at the ANDI (Aggregate Nutrient Density Index) scores that are based on thirty-four important nutritional parameters which show the micronutrient (vitamins and minerals) density per calorie of food on a scale from 1 to 1000 (picture below), it's clear to see that plant-based foods with antioxidants, fibre, vitamins, minerals, phytonutrients, folate etc. compare WAY better to animal products:

<https://imgur.com/a/8t1TFKt>

In addition, based on scientific studies, non-vegans actually have more nutritional deficiencies than vegans as well:

<https://docs.google.com/document/d/1247mglUyi0RgLoclrBsfDbkBlvtkl5Uekl7JzdK3f4M/>

Some companies even give out [cheaper life insurance](#) to vegans.

Dr. Kim A. Williams, SR., MD, the **PRESIDENT** of the American College of Cardiology, often sees patients who are overweight and struggling with hypertension, Type 2 diabetes and high cholesterol. One of the things he advises them to do is to change their diets. Specifically, he tells them to go vegan. He is board certified in internal medicine, cardiovascular diseases, nuclear medicine, nuclear cardiology, and cardiovascular CT. He also follows his own advice by eating a plant-based diet:

<http://goo.gl/RGjUdx>

"It was a patient's success reversing an alarming condition that motivated me to investigate a vegan diet. I thought I had a healthy diet.. but a simple web search informed me otherwise. So I changed that day to a cholesterol-free diet, using meat substitutes and within 6 weeks my LDL cholesterol level was down to 90. I recommend a plant-based diet because I know it's going to lower their blood pressure, improve their insulin sensitivity and decrease their cholesterol" - **Dr. Kim A. Williams**

The **editor and chief** of the American Journal of Cardiology **Dr. William C. Roberts**, MD, M.A.C.C asserts that coronary artery disease (the leading killer of men and women in the United States) would not be possible without elevated cholesterol, which is elevated by trans fats, saturated fats, and cholesterol, which are all found in animal-based foods so cutting animal products completely out of your diet is your best defence against coronary artery disease:

https://youtu.be/SwE_hbhJdII

"Human beings are not natural carnivores. When we kill animals to eat them, they end up killing us because their flesh—which contains cholesterol, saturated and trans fats—was never intended for human beings who are natural herbivores." - **Dr. William C. Roberts**

According to scientific studies, the tolerable intake levels for trans fat, saturated fat and cholesterol is **ZERO**:

<http://www.ncbi.nlm.nih.gov/pubmed/21521229> and <http://goo.gl/a2an4Q>

"A plant-based diet of fruits, vegetables, whole grains, legumes, and no meat reversed heart disease, completely prevented deaths from heart disease, and slowed the progression of cancer, and an almost identical diet is promoted by the **World Cancer Research Fund** (WCRF) to prevent cancer. WCRF recommends '*Eat mostly foods of plant origin. Whole grains and beans on every meal and avoid processed meat.*' After analyzing the largest and most comprehensive review of scientific studies to date, looking at all the evidence that existed on preventing cancer through diet and lifestyle, WCRF estimated that 'If all factors are taken into

account, cancer is a mostly preventable disease.' and **The National Cancer Institute** estimated that 50 to 75 percent of all cancer deaths can be prevented through diet and lifestyle."

<https://goo.gl/o07p9F> and <http://goo.gl/MiMske>

A report recently released by the **World Health Organization** (Leading International Publication on Health Signed by 61 Countries) warns that **red meats** (beef, veal, pork, lamb, mutton, horse, goat) and **processed meats** (hot dogs, processed poultry, ham, sausages, corned beef, biltong, beef jerky, meat-based preparations and sauces) **rank alongside cigarettes as a major cause of cancer**. After a group of 22 expert scientists analyzed more than 800 studies on cancer they found that there is strong mechanistic evidence red and processed meat have a carcinogenic effect. According to the findings, 50g of processed meat a day – the equivalent of one sausage or less than two slices of bacon – increases the chance of developing bowel cancer by 18 percent:

http://www.iarc.fr/en/media-centre/pr/2015/pdfs/pr240_E.pdf and <http://goo.gl/qz3QG0>

Perhaps the most famous and trusted physician of all time, American pediatrician and political activist **Dr. Benjamin Spock** was most noted for his book "**Baby and Child Care**" the second-best-selling book of all time, next to the **Bible** throughout its 52-year history, which significantly changed widely held attitudes toward the raising of infants and children. Dr. Spock has always been on the forefront of important social issues and he is arguably the most influential pediatrician of all time. He was the first pediatrician to study psychoanalysis to try to understand children's needs and family dynamics. He started eating an all-plant diet in 1991, after a series of illnesses that left him weak and unable to walk unaided. His wife, Mary Morgan, said that *"After he made the dietary change, he lost 50 pounds, regained his ability to walk and become healthier overall. It enabled him to revise his book before he died, which was his most important goal."* Dr. Spock believed that his plant-based diet *"had given him a new lease on life."* In the final edition of his book, he recommended that all children be raised on meat and dairy-free diets to prevent diseases like cancer. In his book, he said 'We now know that there are harmful effects of a meaty diet... Children can get plenty of protein and iron from vegetables, beans and other plant foods that avoid the fat and cholesterol that are in animal products.' Dr. Spock also made some concessions to parents who do not go the full plant-based route, encouraging them *"to explore vegetarian meals and to serve as many meatless meals as possible."* As for dairy products, Dr. Spock wrote that some children are allergic to cow's milk and others have trouble digesting it. He also noted that milk protein might trigger insulin-dependent diabetes in susceptible children. The book says placing children on an all-plant diet will reduce their risk of developing heart disease, obesity, high blood pressure, diabetes and certain diet-related cancers.

<http://goo.gl/l1a62o>

According to a plethora of scientific evidence, most [meat](#), [dairy](#) and [egg-eaters](#) will get [cancer](#), [osteoporosis](#) or [diabetes](#) while more than 50 percent will have a non-genetically-induced [heart attack or stroke](#) while again, the strict whole-foods plant-based diet is the only diet that has been scientifically proven to help prevent 14 of our TOP 15 causes of death, treat 9 of them, and reverse the progression of disease on 5 of them including our TOP 3 killers.

[Why Vegan's Health is Superior to Meat, Dairy and Egg Eaters? \(Proven by non-industry funded science\)](#)

[Headaches and Migraines vs Plant-Based Diet](#)

[Stress, Depression and Mental Illness vs Plant-Based Diet](#)

[Dementia and Alzheimer's Disease vs Plant-Based Diet](#)

[Acne and Skin Issues vs Plant-Based Diet](#)

[Heart Disease vs Plant-Based Diet](#)

[Diabetes vs Plant-Based Diet](#)

[Cancer vs Plant-Based Diet](#)

[Kidney Disease vs Plant-Based Diet](#)

[Liver Disease vs Plant-Based Diet](#)

[Gallbladder Disease vs Plant-Based Diet](#)

[Osteoporosis and Bone Health vs Plant-Based Diet](#)

[Diverticular Disease vs Plant-Based Diet](#)

[Lyme Disease vs Plant-Based Diet](#)

[What About Organic "Grass-Fed", "Free-Range", "Humanely Raised" Animal Products?](#)

[What About The Low Carb Ketogenic Diets and The Paleo Diet?](#)

[People Who Consume Animal Products Actually Have More Nutritional Deficiencies while Plants Contain EVERY Vitamin, Nutrient and Mineral People Need!](#)

[Why Eating Animal Products Causes Weight Gain and Obesity?](#)

[What is The Best Way to Lose Weight Sustainably?](#)

[See What the Largest Authorities on Nutrition in the World is Saying About Vegan and Vegetarian Diets](#)

[Is Animal Protein and Trans Fatty Acids Good for You?](#)

[Wonder Why Most Doctors Are Uneducated on Nutrition?](#)

[Nutrition Expert Plant-Based Medical Doctors](#)

[Why I Don't Eat Meat Anymore?](#)

[Why I Don't Eat Eggs Anymore?](#)

[Why I Don't Eat Dairy Anymore?](#)

[Why I Don't Eat Fish Anymore?](#)

[Why I Don't Eat Too Much Oil Anymore?](#)

[Where Do Vegans Get Enough Protein From?](#)

[What About Vitamin B12?](#)

[What About Honey?](#)

[The Truth and Falsehoods About Soy aka Soya Beans!](#)

[Are Humans at the Top of the Food Chain?](#)

[Are Humans Physiologically %100 Omnivores?](#)

[Animals Eat Other Animals, So Why Shouldn't We?](#)

[Do We Need Meat For Brain Development?](#)

[Vegans Have Higher Total Testosterone than Vegetarians and Meat Eaters](#)

[The Truth About Caffeine and Carbs?](#)

[The Truth About Alcohol?](#)

There are so many people who reversed their so-called chronic illnesses on a plant-based diet and had incredible transformations on it as you can see from the hundreds of examples on these links:

<https://www.drfruhman.com/success-stories/categories/view-all>

<https://nutritionstudies.org/topics/success-stories/>

<https://www.forksoverknives.com/success-stories/>



*If you could extend life, prevent illness,
reduce pollution, conserve resources,
save money and rescue animals, all in
one simple step, then why not take it?
Do all of this and more by going vegan!*

WHAT ABOUT VEGAN ATHLETES?

*The World Record of the heaviest weight ever carried by a human for a distance of 10 meters (1234 lb/560 kilos) was carried by **Patrik Baboumian** who is a vegan. He also holds the Guinness World Record on log lift and on the longest duration holding a 20 kg weight with outstretched arms.

*Not many people know that **Carl Lewis** won NINE Olympic GOLD medals and his best year of track competition was the first year when he started eating a vegan diet.

*Another interesting thing is that there is no bodybuilder in this world who is as old as **Jim Morris** who looks the way he looks. He is an ageless bodybuilder thanks to being a vegan.

*Powerlifter **Nun Amen-ra** set a World Record in his weight class by deadlifting 672 lb/305 kg as a vegan.

*Super Heavyweight professional Arm Wrestler TWO-time Olympic Gold Medallist and NINE-time World Champion **Alexey Voevoda** is a vegan.

*Another vegan top-level professional Arm Wrestler **Rob Bigwood** won the left-handed super heavyweight World Championships in 2006 and he took the first place left-handed at the MMA Arm Wrestling tournament in 2010 and also won over 40 state championships across the US.

*Super Heavyweight professional bodybuilder **Ryan Nelson** has placed in the top 3 in numerous NPC shows as a vegan and he also received the personal trainer of the year award in 2013.

*Calisthenics Bodyweight Expert and a famous Youtuber **Frank Medrano** is a vegan.

*300-pound NFL defensive lineman **David Carter** is a vegan.

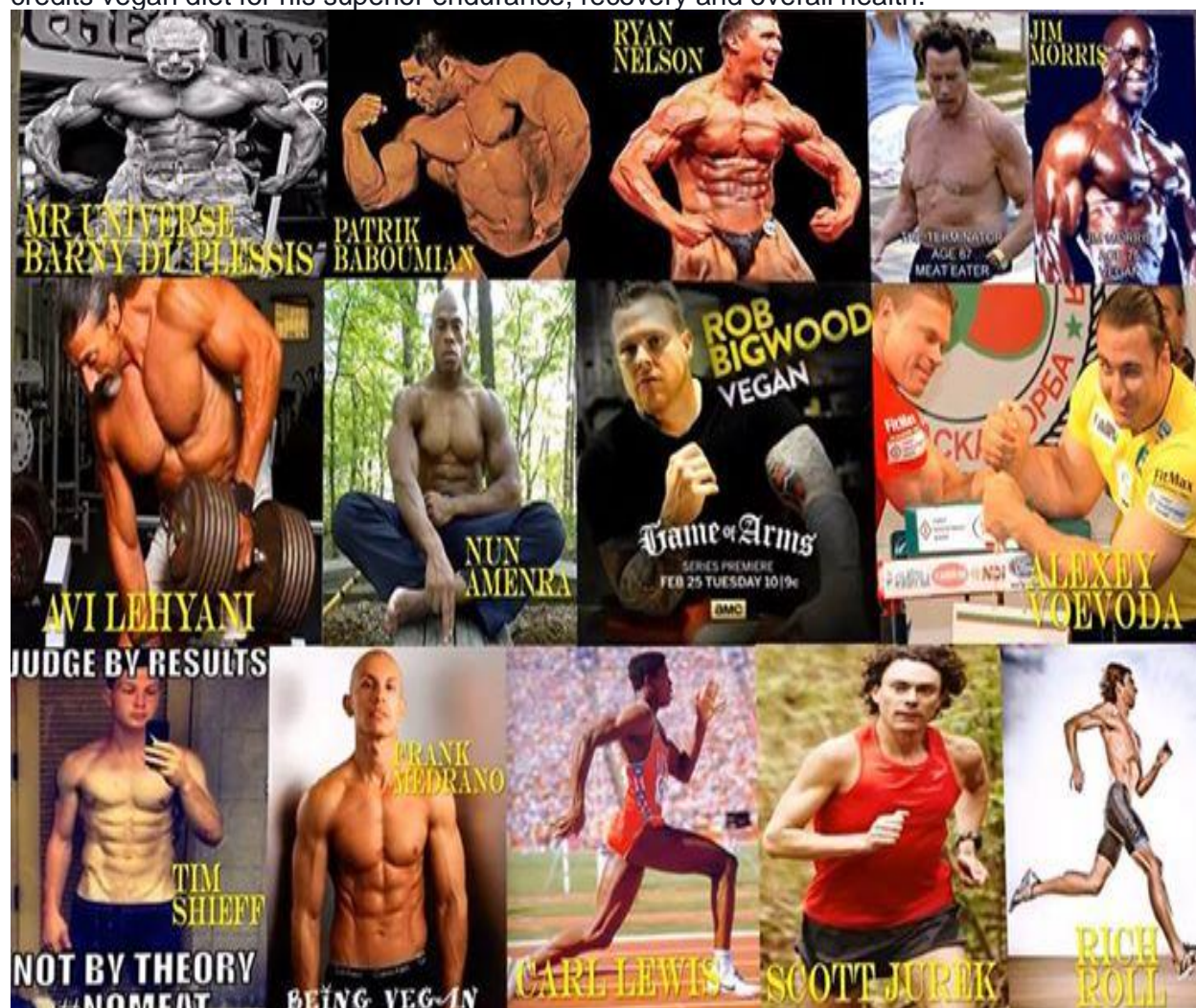
*The Mr. Universe **Barry Du Plessis** is a vegan!

*Even **Mike Tyson** became a vegan in 2010 when he was becoming obese and then lost the extra 130 pounds and maintained a healthy weight because of it. He wished that he was born a vegan and talked more about this [as you can see here](#).

*Another amazing story is that at the age of 40, **Rich Roll** was unhealthy, out-of-shape and overweight but then he became a vegan, lost the extra 50 pounds and with almost no experience he entered Ultraman World Championships which is two times harder than Ironman Triathlon and he clocked the 2nd fastest swim split and was the 3rd fastest American by beating many professional athletes all despite having never previously completed even a half-ironman distance triathlon. He was also the first person to complete EPIC5 - 5 full Ironman Distance Triathlons in only 5 consecutive days on 5 Hawaiian Islands, many deemed impossible to finish. He was awarded the title of 2009's "25 Fittest Men in the World" by Men's Fitness Magazine, alongside Usain Bolt, Rafael Nadal and LeBron James. In 2012, his book Finding Ultra became an Amazon #1 best-seller and has inspired thousands across the world to embrace a vegan diet.

***Scott Jurek** is one of the most dominant ultramarathon runners in the world and he is also the New York Times bestselling author of "Eat & Run". It takes most hikers to complete the Appalachian Trail, a 2,189-mile 14 states track, 5 to 7 months but Jurek set The World Record by completing it in 46 days. He has victories in nearly all of ultrarunning's elite trail and road events, including the historic 153-mile Spartathlon, the Hardrock 100 Mile Endurance Run, the Badwater 135-mile Ultramarathon, the Miwok 100K, and—his signature race—the Western States 100 Mile Endurance Run, which he won a record seven straight times. In 2010, he set a new US all-surface record by running 165.7 miles in 24 hours—6.5 marathons in one day for which he was named USA Today's Athlete of the Week. He is selected as UltraRunning

Magazine's North American Male Ultrarunner of the Year 4 times. The Washington Times named him one of the top runners of the decade, Runner's World awarded him a Hero of Running and Ultrarunning Magazine named him Ultra-Runner of the Year three times. He credits vegan diet for his superior endurance, recovery and overall health.



*[update] Tim Shieff used to be a vegan and won the Ninja Warriors while being a vegan but he was always a raw vegan type of health nut and now he even started to drink his own piss while blaming the "vegan diet" for his poor diet choices. There are just so many fake ethical vegans like him out there who claim he is doing everything for animals while eating their starvation raw "vegan" diet only to obviously fail at the end and blame everything on their diets.

*Former Strikeforce Welterweight Champion and former WEC Welterweight Champion **Nick Diaz** has been a vegan for most of his UFC career.

*His brother and The Ultimate Fighter 5 Champion **Nate Diaz** has also mostly been a vegan and they like to implement a raw "vegan" diet (no wonder they are not fully vegan) for their fight camps as they talked about in [this video](#) that I compiled.

*Ultimate Fighter, US vs. the UK. Champion **James "Lightning" Wilks** is a vegan and I believe he is the one who convinced the Diaz brothers to try out the vegan diet.

*Ultimate Fighter Season 6 Champion **Mac Danzig** is a vegan.

*American professional boxer two-times and current WBO welterweight, a two-time former WBC super lightweight champion, and a former WBO junior welterweight champion **Timothy Bradley** is a vegan.

*[**update**] Winner of the K-1 World Grand Prix 2001 Final, Heavyweight **Mark Hunt** was at some point [considering going vegan](#) after seeing factory farm footage but I thought he went vegan due to some [misleading news](#) so I included him in the picture below at the time I wrote this section.

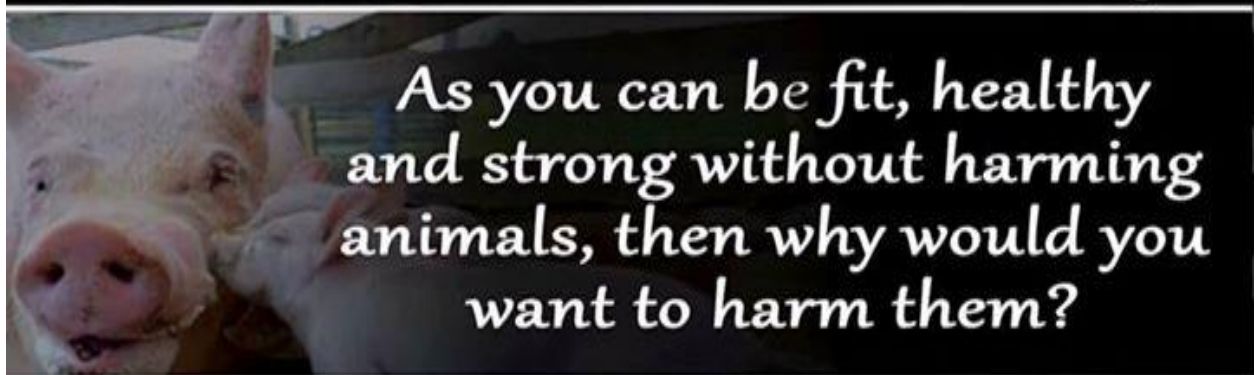


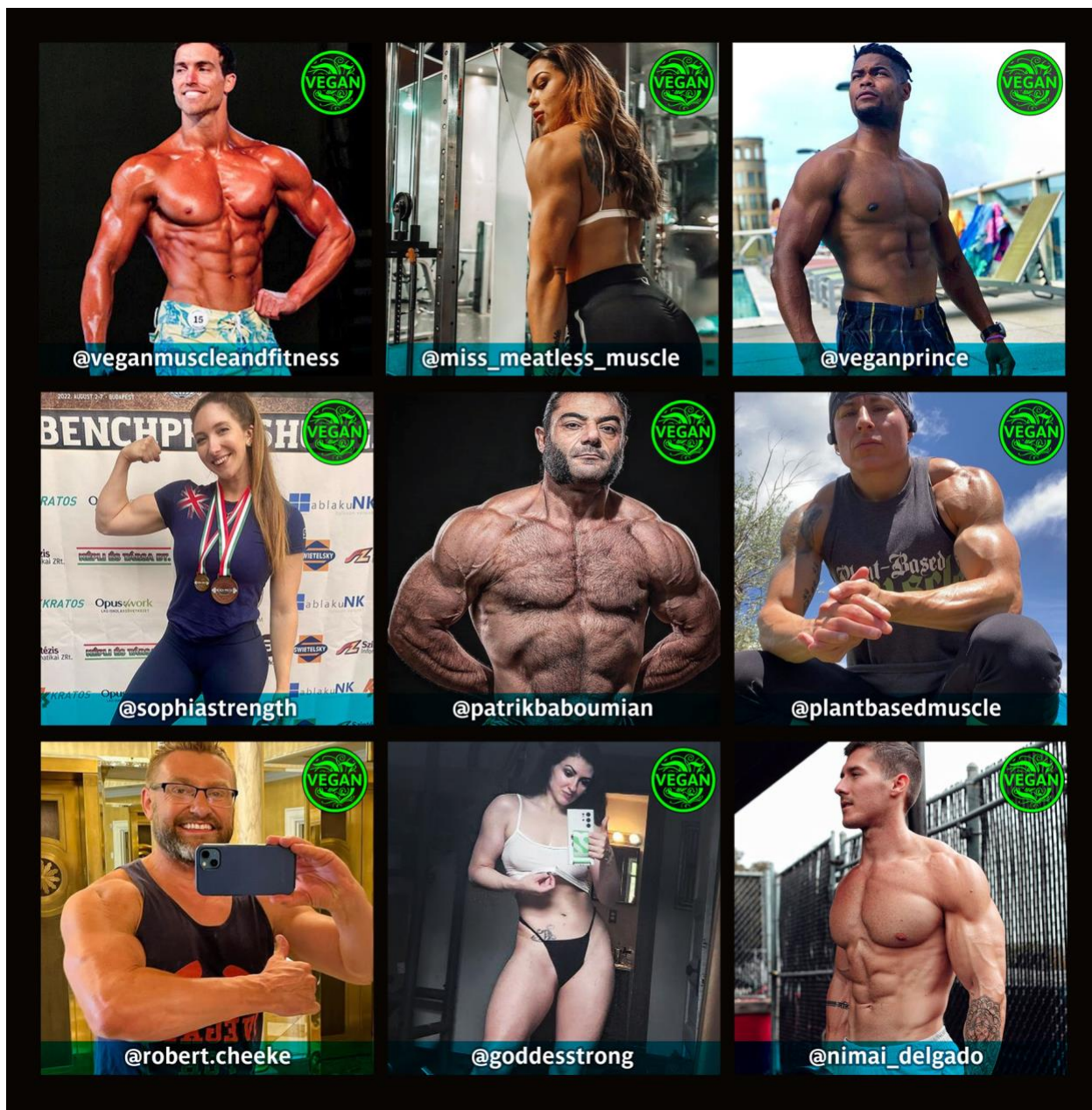
It's no wonder that many athletes say that they improved their performance and recovery time after switching to **The World's Healthiest Diet** for human beings! After all, **every** single whole plant food contains all 9 essential amino acids, also known as, protein and plants have sufficient protein to grow the world's largest and muscular land animals like elephants, rhinos, bulls, buffaloes, hippopotamus, gorillas, oxes, horses etc. so obviously they have enough to grow relatively small people. Logically, **every athlete** should improve their performance and recovery time after adopting a vegan diet as long as they mostly eat whole plant foods and they eat enough. Don't believe me? Check these people out:

<https://docs.google.com/document/d/1FLclorQdrVvURvRB1whZjdo5wWA9ilY1bcsKdXTjj0U/>

[Vegan Bodybuilders That Will Blow Your Mind!](#)

In the documentary Game Changers, you'll see more examples of extraordinary vegan athletes.





If you still think that being vegan is abnormal then check out these famous people who are or were vegan or vegetarian:

Albert Einstein, Brad Pitt, Leonardo DiCaprio, Jim Carrey, Christian Bale, Robin Williams, Ghandi, Abraham Lincoln, Buddha, Benjamin Franklin, Leonardo da Vinci, Isaac Newton, Socrates, Nikola Tesla, Thomas Edison, Bob Marley, Jackie Chan, Dustin Hoffman, Elijah Wood, Ryan Gosling, Eric Roberts, Steve Jobs, Jennifer Lopez, Avril Lavigne, Madonna, Jay-Z, Beyoncé, Peter Dinklage, Russell Brand, Samuel L. Jackson, Olivia Wilde, Tobey Maguire, Woody Harrelson, Jared Leto, Johnny Galecki, Joaquin Phoenix, Lisa Kudrow, Rosa Parks, John Lennon, Denzel Washington, George Bernard Shaw, César Chávez, Paul McCartney, Aziz Ansari, Natalie Portman, Ariana Grande, Sarah Silverman, Zooey Deschanel, Sia, Carl Lewis, Venus and Serena Williams, Pink, Bill Clinton, Mike Tyson, Venus Williams, Ben Stiller, Anne

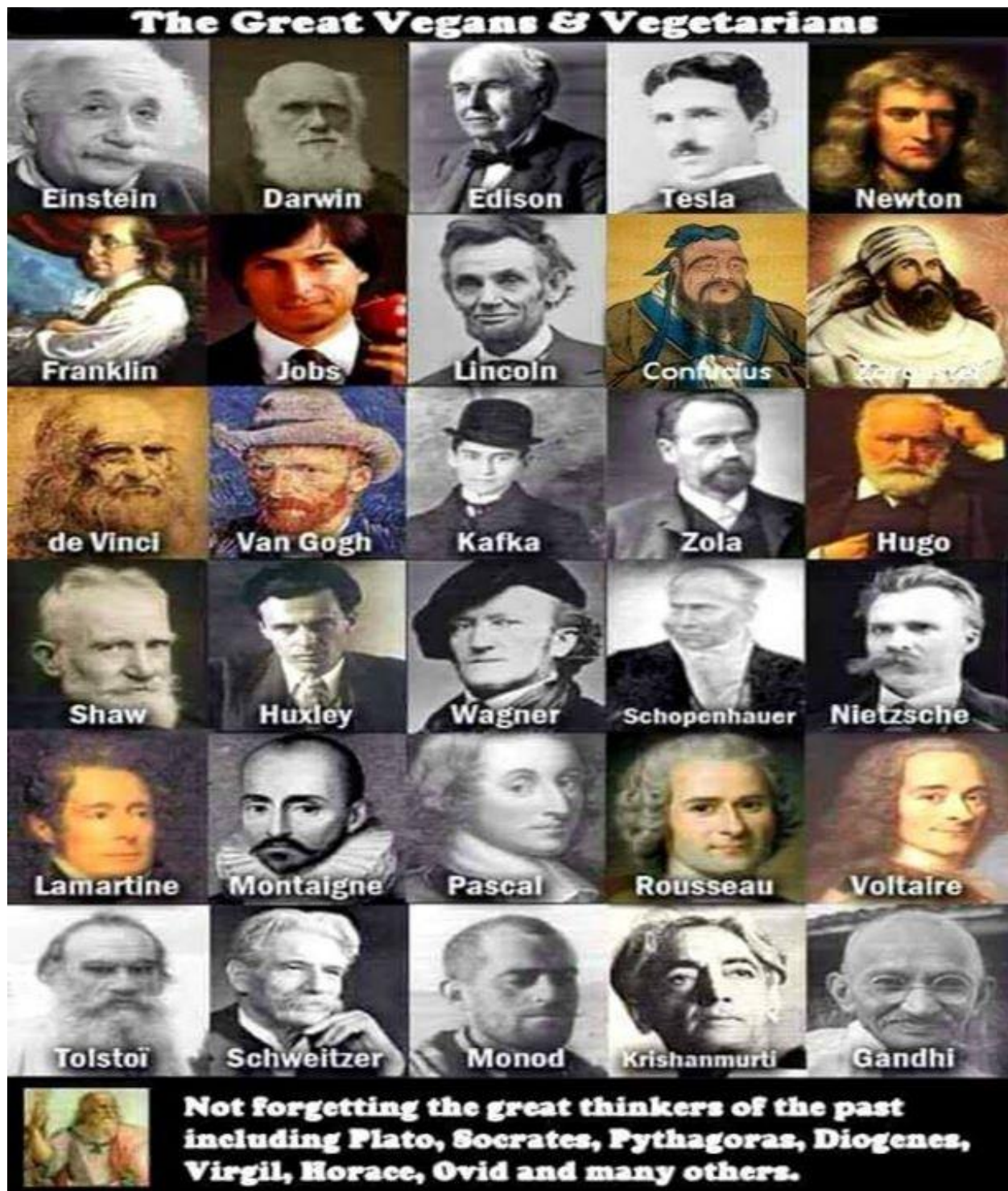
Hathaway, Alicia Silverstone, Ellen DeGeneres, Ellen Page, Kristen Bell, Questlove, NeYo, Amanda Holden, Oliva Wilde, Pamela Anderson, Lea Michele, Joaquin Phoenix, Steve-O, Morrissey, James Cameron, Rich Roll, Ricky Gervais, Forest Whitaker, James Cromwell, Amos Bronson Alcott, Anthhony Kiedis, Sandra Oh, Bryan Adams, Anthony Kiedis, Gwyneth Paltrow, Alec Baldwin, Prince Rogers Nelson, Jessica Simpson, Emily Deschanel, Coretta Scott King, Betty White, Steve Martin, Richard Gere, Leo Tolstoy, Martin Luther, Ringo Starr, Princess Diana, Jane Goddall, Dalai Lama, Isaac Bashevis Singer, Albert Schweitzer, Claudia Schiffer, Albert Szentgyorgyi, Pythagoras, Voltaire, Jean-Jacques Rousseau, Plato, Hippocrates, Vincent Van Gogh, Richard Wagner, Charles Darwin, Immanuel Kant, Lev Tolstoj, Emile Zola, Adriana Karembeu, Mark Twain, Socrates, Chris Martin, Alyssa Milano, Alanis Morissette, Weird Al Yankovic, Amy Smar, Christie Brinkley, Carrie Underwood, André 3000, Prince, Christina Applegate, Hayden Panettiere, Kal Penn, Frank Kafka, Barry White, Milo Ventimiglia, Bruce Springsteen, Josh Hartnett, Pierce Brosnan, Leona Lewis, Moby, Portia de Rossi Eddie Vedder, Cameron Diaz, Brian May, Brendan Brazier, Derek Tresize, Roy Hilligenn, Luiz Freitas, Jake Shields, Timothy Bradley, Edwin C. Moses, Nick and Nate Diaz brothers, Jon Fitch, Raja Bell, Billie Jean King, Martina Navratilova, Murray Rose, Ricky Williams, Tim Van Orden, Mac Danzig, Casey Affleck, Grey Germann, Shania Twain, Jenny McCarthy, Joe Namath, Robert Parish, Thom Yorke, Russell Simmons, Vanilla Ice, Bryan Danielson, Anthony Peeler, Georges Laraque, Robert Cheeke, John Salley, Vanessa A. Williams, Fiona Apple, Kim Basinger, Chelsea Clinton, J. M. Coetzee, Venki Ramakrishnan, C. V. Raman, Shmuel Yosef Agnon, Linus Pauling, Rabindranath Tagore, Brian Greene, Viswanathan Anand, Benjamin Zephaniah, Dean Allen Spunt, Michael Dorn, Tony Kanal, Usher, Ted Leo, Saul Williams, Jason Mraz, Ian Mackaye, Ed Templeton, Mickey Madden. <http://youtu.be/nzP0ausBvQ4>

And the list goes on:

https://en.wikipedia.org/wiki/List_of_vegans

https://en.wikipedia.org/wiki/List_of_vegetarians

https://www.happycow.net/famous_vegetarians.html



The Top 100 Vegan and Vegetarian Quotes:

<http://www.pledgevegan.com/vegan-spotlight/top-100-vegan-quotes>

It's clear that vegans are not the weird ones:

<https://youtu.be/5vR8cRRhD-c>

More people are becoming vegan every day, join this fastest-growing movement and be a part of the change rather than a part of the problem!

<https://youtu.be/BYzlfPdpAeY>

OTHER IMPORTANT DOCUMENTS I'VE WRITTEN ON THIS SUBJECT

[Animals Eat Other Animals, So Why Shouldn't We?](#)

[What About The Other Problems In The World?](#)

[What About the Circle of Life and Survival of The Fittest?](#)

[What About Dr. Mercola?](#)

[What About The Authority Nutrition?](#)

[What is Wrong With Hunting?](#)

[What is Wrong With Fur, Leather, Wool, Silk and Feather?](#)

[Are Humans at the Top of the Food Chain?](#)

[Is Veganism A Privilege?](#)

[Funny and Educational Comics and Memes About Veganism!](#)

[Calorie Restriction: Is Eating Less Better For Health and Longevity? Breatharianism Exposed!](#)

[But You Can't Go Vegan Because of Bacon?](#)

["If You Care About Animals, Stop Eating Their Food!" You Say...](#)

[Why Do Vegans Make Their Food Look&Taste Like Meat?](#)

[Is Eating Vegan More Expensive?](#)

[Is Eating Animal Products a Personal Choice Thus Shouldn't Be Questioned?](#)

[Do Vegans Shove Their Beliefs Down Your Throat and Force You to Become a Vegan?](#)

[Dissecting the "Plants feel pain too!" Argument](#)

[What Does The Bible Say About Veganism?](#)

[What Does The Qur'an Say About Veganism?](#)

[The Truth About Steroids and Bodybuilding Supplements!](#)

Try Going Vegan for 22 Days and See How You Will Feel:

www.challenge22.com

Getting Started:

<http://www.chooseveg.com/> and <https://livevegan.org/>

Free Vegan Starter Kit!

<http://vegankit.com/> and <https://goo.gl/YPHJ9u>

How To Go Vegan Overnight:

https://youtu.be/8o9uzH_vrXA

Be sure to check out these pages that answers every question about veganism:

<https://www.youtube.com/user/BiteSizeVegan>

<http://www.adaptt.org/veganism.html>

<http://www.vegansidekick.com/guide>

<https://www.forksoverknives.com/>

<http://www.howdoigovegan.com/>

<https://www.drmcdougall.com/>

<http://www.veganuary.com/>

<https://nutritionfacts.org/>

<http://engine2diet.com/>

<http://www.pcrm.org/>

I just wanted to share this message with everybody because I always wish every day that someone else shared this eye-opening information with me earlier.

[VEGAN. For the People. For the Planet. For the Animals.](#)

Social links in case you'd like to reach out to me:

[My YouTube Channel](#)

[My Reddit Profile](#)

My discord nickname: TheVeganSkeptic#1687